



2024 Pre-Professional & Adult Classes (18yrs+)

DAY	TIME	CLASS
Monday	7:00pm – 8:30pm	Open Combo Class (Jazz, Broadway, Heels)
Tuesday	6:30pm –7:30pm	Hip Hop/Dance Fit (All levels)
Wednesday	6:30pm –7:30pm	Classical Ballet/Strength/Conditioning (All levels)
Thursday	7:00pm –8:00pm	Tap (All levels)
Friday	9:00am - 10:00am	Classical Ballet/Strength/Conditioning (All levels)
	10:00am - 11:00am	Tap (All levels)

Open Combo Class: *A class incorporating Jazz, Broadway and Heels combinations for pre-professional dancers.*

Classical Ballet/ Strength/ Conditioning: *An enjoyable way to get fit, toned and supple through the Artistry of Dance disciplines and techniques.*

Hip Hop / Dance Fit: *We all love to dance and this class builds strength, cardiovascular fitness and co-ordination while learning the latest dance moves from across the world.*

Tap Dance: *Increase your cardiovascular conditioning, get toned and improve co-ordination with combinations that build strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles.*