



MOVE FOR HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am Adult Tap	9am Dance Fitness				
9:15am Tiny Tots (2-3yrs)				9am Tiny Tumblers (2-3yrs)	8:45am Intro to dance (3-5yrs)
10am Adult Ballet	10am Tiny Tots (2-3yrs)	10:15am Intro to dance (3-5yrs)	10am Adult Ballet	9:30am Tumble Time (3-5yrs)	
10:15am Intro to dance (3-5yrs)	10:45am Intro to dance (3-5yrs)			10:30am Dance Fitness	
	11 am Dance for Brain Health (Salt Conference Centre - Anzac Parade)				
6:15pm Adult Ballet				5:30pm Adult Hip Hop (24 April - 22 May)	

Australian Physio Pilates Institute Trained Instructor
Royal Academy of Dance Instructor