



# MOVE FOR HEALTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9am Adult Tap	9am Dance Fitness				8am Tiny Tots (2-3yrs)
9:15am Tiny Tots (2-3yrs)			9:15am Tiny Tots Coming soon	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 (Town Hall)				
6:15pm Adult Ballet	7:30pm Adult Hip Hop				

Australian Physio Pilates Institute Trained Instructor  
 Royal Academy of Dance Instructor