

Dance & Fitness Term 1, 2022 Timetable

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNINGS						
PARENT & ME YOGA 2 – 5 years old with parent participation				9.30am – 10.00am		
PRESCHOOL BALLET 4-5 years old		9.15am – 9.45am		10.10am – 10.40am		9.15am-9.45am
PARENT & ME BALLET 2 -3 years old with parent participation		10.00am – 10.30am				8.30am – 9.00am
AFTERNOONS						
RECREATIONAL BALLET		<u>Kindergarten & Year 1</u> 4.30pm – 5.15pm <u>Year 2 & Year 3</u> 5.15pm – 6.00pm				<u>Kindergarten & Year 1</u> 10.00am – 10.45am
JAZZ	<u>Year 3 & Year 4</u> 4.30pm – 5.15pm <u>Kindergarten & Year 1</u> 5.15pm – 6.00pm					<u>Year 4 to Year 6</u> 11.00am – 11.45am <u>Kindergarten to Year 2</u> 12.00pm – 12.45pm
HIP HOP					<u>Year 4 to Year 6</u> 4.40pm – 5.25pm <u>Year 2 & Year 3</u> 5.30pm – 6.15pm	
LYRICAL/CONTEMPORARY			<u>Year 4 to Year 6</u> 4.40pm – 5.25pm <u>Year 2 & Year 3</u> 5.30pm – 6.15pm			
FITNESS PILATES & YOGA		<u>PILATES MAT CLASS</u> (From 16 years +) 6.15pm – 7.00pm	<u>PILATES MAT CLASS</u> (From 16 years +) 6.15pm – 7.00pm	<u>YOGA CLASSES</u> <u>Kindergarten & Year 1</u> 4.30pm – 5.00pm <u>Year 2 to Year 6</u> 5.05pm – 5.50pm <u>Adult Class (16 years +)</u> 6.00pm – 6.45pm		

**Trial any class for first 2 weeks for free
Upstairs @ Eastern Gymnastics Academy**