

HSD Summer Classes & Workshops

Day & Time		Class/Workshop	Studio	About	Teacher
Mondays 27 th , 3 rd , 10 th , 17 th & 24 th August	From 3:00pm	1-1 Private PT/Dance Training Sessions	Studio 1	Our 1-to-1 PT sessions are tailored specifically to you. Suitable for all levels of fitness. Whether you're looking to improve fitness, build strength, or have a dance focused session. Bookings can be for a single session or multiple	Leah
Wednesdays 29 th July, 5 th , 12 th , 19 th & 26 th August	7:30-8:10am	Barre Fitness	Studio 1	Ages 16+	Leah
	8:15-8:45am	Rest & Restore	Studio 1	Ages 16+	Leah
	8:45-9:30am	Legs, Bums & Tums	Studio 1	Ages 16+	Leah
	9:30-10:10am	Parent & Me Mat Work	Studio 1	*Children should be able to follow instructions and participate independently on their own mat	Leah
	10:15-10:55am	55& Strenght & Balance	Studio 1	Ages 55+	Leah
Thursday 6 th August	9:30-10:15am	Imagination Ballet	Studio 1	Ages 4-6	Alison
	10:15-11:00am	Ballet Workshop	Studio 1	Ages 7-9	Alison
	11:00-12:00pm	Ballet Workshop	Studio 1	Ages 10-12	Alison
	12:00-1:00pm	Ballet Workshop	Studio 1	Ages 13+	Alison
	1:00-1:40pm	Pointe Workshop	Studio 1	Already confident on Pointe	Alison

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Thursday 6 th August	6:45-7:30pm	Ballet Barre Class	Studio 1	Ages 16+. All levels wlecome!	Alison
	7:30-8:30pm	Ballet - Open Level	Studio 1	Ages 16+. Some experience in ballet is recommended	Alison
Thursday 13 ^h August	6:30-7:15pm	Jazz Class - Open Level	Studio 1	Ages 16+. All levels welcome!	Leah
	7:15-8:00pm	Technique Class	Studio 1	Ages 16+. Work on your dance technique including turns, kicks, leaps & jumps	Leah
	8:00-8:45pm	Adv Jazz	Studio 1	Ages 16+.Learn a fun jazz routine in a fast paced class	Leah
Tuesday 18 th August	9:30-12:30pm	Toy Story Workshop	Studio 1 & 2	Andy’s coming! Dancing, games, crafts, singing all around the theme of Toy Story. Ages 6-9	Ylana & Gabbi
Thursday 20 th August	9:30-10:45am	Acro Workshop	Studio 1	Ages 6-8	Emma
	10:45-12:00pm	Acro Workshop	Studio 1	Ages 9-11	Emma
	12:00-13:15pm	Acro Workshop	Studio 1	Ages 12+	Emma

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Thursday 20th August	6:30-7:15pm	Adv Jazz	Studio 1	Ages 16+.Learn a fun jazz routine in a fast paced class	Ylana
	7:15-8:00pm	Contemporary	Studio 1	Ages 16+. All levels welcome!	Ylana
	8:00pm-8:45pm	Jazz - Open Level	Studio 1	Ages 16+. All levels welcome!	Ylana
Thursday 20th August	6:30-7:15pm	Inter Tap	Studio 2	Ages 16+	Gabbi
	7:15-8:00pm	Tap - Open Level	Studio 2	Ages 16+. Some tap experience is recommended	Gabbi
	8:00-8:45pm	Adv Tap	Studio 2	Ages 16+.Learn a fun tap routine in a fast paced class	Gabbi
Tuesday 25 th August	9:00-10:00am	Mini Musical Theatre	Studio 1	Ages 5-7 Dance, Sing and Act through music and songs	Leah
	10:15-12:15am	Michael Jackson Workshop	Studio 1	Ages 9+. Learn an awesome routine to a medley of MJ songs	Leah
Thursday 27th August	from 1:30pm	Private Ballet Sessions	Studio 1	1-to-1 ballet sessions catered to the student	Alison
	6:45-7:30pm	Ballet Barre Class	Studio 1	Ages 16+. All levels welcome!	Alison
	7:30pm-8:30pm	Ballet- Open Level	Studio 1	Ages 16+. Some experience in ballet is recommended	Alison

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Thursday 27th August	6:30-7:15pm	Inter Tap	Studio 2	Ages 16+	Gabbi
	7:15-8:00pm	Tap - Open Level	Studio 2	Ages 16+. Some tap experience is recommended	Gabbi
	8:00-8:45pm	Adv Tap	Studio 2	Ages 16+.Learn a fun tap routine in a fast paced class	Gabbi