

TIMETABLE

Timing		Dance Style	Place
Monday	16 30 to 17 30	Hip Hop Class	9 th Mile TRIOLET (Triolet Branch)
	17 30 to 18 30	Zumba	
	18 30 to 19 30	ABS/Toning	
Tuesday	17 15 to 18 15	Ballet	9 th Mile TRIOLET (Triolet Branch)
	18 30 to 19 30	Zumba	
	19 30 to 20 30	Yoga	
Thursday	16 00 to 17 00	Ballet	9 th Mile TRIOLET (Triolet Branch)
	18 30 to 19 30	Zumba	
Friday	17 00 to 18 00	Bollywood	9 th Mile TRIOLET (Triolet Branch)
	18 00 to 19 00	Zumba	
	19 00 to 20 00	ABS/Toning	
Saturday	9 00 to 10 00	Ballet (Pre Primary- Advanced)	9 th Mile TRIOLET (Triolet Branch)
	13 0 to 14 30	Zumba	
	14 30 to 15 30	Ballet (Level 2 – Level 3)	
	16 00 to 17 00	Ballet	2 nd Floor Health and Fitness Gym, Domaine Du Moulin, Goodlands
	16 30 to 17 30	Ballet	LifeFitness Gym, Super U, Coeur de Ville Flacq
Sunday	12 00 to 13 00	Ballet	1 st Floor, Riverland Sports Club, La Croisette, Grand Baie
	09 45 to 10 45	Ballet (Pre-Primary - Advance)	1 st Floor, IMotion Gym, Nexteracom 3 Building, Ebene
	10 45 to 11 45	Ballet (Pre Primary Basics)	
	11 45 to 12 45	Ballet (Primary/Level 1)	
12 45 to 13 45	Hip Hop		
	09 00 to 10 00	Ballet	1 st Floor, Ifitness Gym, Sir Winston Churchill Street, Curepipe (Next to Curepipe Police Station)