

UKmovez Dance Academy - LOW-INTENSITY Classes- Schedule 2021 *Ages 18+*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9.30-10am					PARENT & TOTS (with Robbi-Lee) *9.30-10am*
10-11am	Low-Intensity POWER HOUR (with Danielle) *All Levels*		PARENT & TOTS. (with Danielle) *10-10.30am*		

6.30-7.30pm	Low-Intensity LYRICAL/ CONTEMPORARY (with Danielle) *Intermediate+*	Low-Intensity DIVA HEELS (with Danielle) *Intermediate +*	Low-Intensity COMMERCIAL JAZZ (with Danielle) *Intermediate+*	Low-Intensity BALLET/BARRE (with Danielle) *Beginner+*	
7.30-8.30pm	Low-Intensity MODERN/ CONTEMPORARY (with Danielle) *Beginner+*	Low-Intensity DIVA HEELS (with Danielle) *Beginner+*	Low-Intensity STRETCH 'N' STRENGTH (with Danielle) *All Levels*	Low-Intensity RAD & ISTD BALLET/POINTE (with Danielle) *Intermediate+*	
8.30-9.30pm		Low-Intensity HIP HOP/GROOVE (with Robbi-Lee) *All Levels*			