

UKmovez Dance Academy-Adult Schedule 2021-2022 (18+yrs) **Subject to change**

TIME	MONDAY		TUESDAY		WEDNESDAY	
9-10am						
10-11am	POWER HOUR with Danielle *All Levels* (18+)		Parent & Tots. (up to 3yrs of age). (10-10.30)			
6.30-7.30pm		Hatha Yoga with Tiffany *All Levels* (18+)		Barre FIT with Carolyn *All Levels* (18+)		
7.35-8.35pm	Modern / Contemporary with Danielle *Beginner+* (18+)		Alumni Lyrical Tech with Danielle *Intermediate- Advanced* (17+ yrs)	Theatre/ Musical Theatre with Kelly (18+)	Lyrical with Danielle *Beginner+* (18+)	
8.40-9.40pm	Heels with Danielle *Beginner +* (18+)		Alumni Heels/ Commercial with Danielle *Intermediate- Advanced* (17+ yrs)		Stretch 'n' Strength with Danielle *All Levels* (18+)	Tap with Sarah *Beginner+* (18+)
TIME	THURSDAY		FRIDAY		SATURDAY	
9-10am					Parent & Tots. (up to 3yrs of age). (9.30-10am)	
10-11am	Parent & Tots. (up to 3yrs of age). (10-10.30am)		Stretch 'n' Strength with Danielle *All Levels* (18+)			
11-12pm						
12-1pm			Barre FIT with Carolyn *All Levels* (18+)			
4.30-5.30pm					Pilates with Talía *All Levels* (4-5pm) (18+)	
5.30-6.30pm	Hatha Yoga with Tiffany *All Levels* (18+)		Alumni Contemporary with Sarah *Intermediate- Advanced* (17+ yrs)			
6.30-7.30pm	Ballet/Barre with Danielle *Beginner+* (18+)		Alumni Tap with Sarah *Intermediate- Advanced* (17+)			
7.35-8.35pm	Alumni RAD & ISTD Ballet/ Pointe with Danielle *Intermediate- Advanced* (17+)		Street Jazz/Hip Hop with Sarah *All Levels* (18+)			
8.40-9.40pm			Alumni Jazz Tech with Sarah *Intermediate- Advanced* (17+)			