

Monday

TIME	CLASS
9:00 AM - 9:45 AM	BBB (Barre, Balance, Bands)
10:00 AM - 10:45 AM	Funk Fit
3:30 PM - 4:00 PM	Tiny Toes (ages 3 -5)
4:00 PM - 4:30 PM	Junior Ballet
4:30 PM - 5:00 PM	Junior Jazz
5:00 PM - 5:30 PM	Strength and Conditioning
5:30 PM - 6:00 PM	Rhythmic Ribbons
6:00 PM - 6:45 PM	Adult Ballet
6:45 PM - 7:30 PM	Funk Fit

Tuesdays @ The Studio

TIME	CLASS
9:00 AM - 9:45 AM	Strength/Length/ Core
10:00 AM - 10:30 AM	Mums and Bubs
4:00 PM - 4:40 PM	Intermediate Ballet
4:45 PM - 5:25 PM	Intermediate Commercial Jazz
5:30 PM - 6:10 PM	Boys Intermediate Hip Hop
6:45 PM - 7:30 PM	Lengthening Lyrical
Tuesdays @ CWA Hall Freshwater	
TIME	CLASS
3:30 PM - 4:00 PM	Tiny Hip Hoppers (ages 3 -5)
4:00 PM - 4:30 PM	Beginner Tap
4:30 PM - 5:00 PM	Junior Musical Theatre
5:00 PM - 5:45 PM	Acro 1

Wednesday

TIME	CLASS
9:00 AM - 10:00 AM	Yoga
10:00 AM - 10:45 AM	Lengthening lyrical
3:30 PM - 4:00 PM	Tiny Toes (ages 3-5)
4:00 PM - 4:30 PM	Junior Contemporary
4:30 PM - 5:10 PM	Intermediate Jazz
5:15 PM - 5:55 PM	Intermediate Contemporary/ Lyrical
6:00 PM - 6:30 PM	Solo/Duos
6:30 PM - 7:15 PM	Adult Contemporary/Jazz

Thursday

TIME	CLASS
9:00 AM - 9:45 AM	BBB (Barre, Balance, Bands)
10:00 AM - 10:45 AM	Body Circuit
4:00 PM - 4:30 PM	Tiny Tumblers (ages 3 -5)
4:30 PM - 5:15 PM	Acro 1
5:15 PM - 6:00 PM	Acro 2
6:00 PM - 6:45 PM	Adults Heels/ Cabaret
6:45 PM - 7:30 PM	Combat Hip Hop

Friday

TIME	CLASS
9:00 AM - 9:45 AM	Combat Hip Hop
6:00 PM - 7:00 PM	Friday Funk Flt (every 2nd Friday)

Saturday

TIME	CLASS
8:00 AM - 8:45 AM	Strength, Length, Core
9:00 AM - 9:20 AM	Baby Movers
9:30 AM - 10:00 AM	Tiny Toes
10:00 AM - 10:30 AM	Junior Ballet
10:30 AM - 11:00 AM	Junior Jazz
11:00 AM - 11:45 AM	Acro 1
11:45 AM - 12:15 PM	Solo/Duos