

JAMES & ALEX DANCE STUDIOS - WEEKLY CLASSES SCHEDULE

Time	Saturday			Sunday			Monday			Tuesday			Wednesday			Thursday		Friday	
	Studio-1	Studio-2	Studio-3	Studio-1	Studio-2	Studio-3	Studio-1	Studio-2	Studio-3	Studio-1	Studio-2	Studio-3	Studio-1	Studio-2	Studio-3	Studio-1	Studio-2	Studio-1	Studio-2
09:00 AM - 09:30 AM																			
09:30 AM - 10:00 AM																			
10:00 AM - 10:30 AM		Baby Ballet 2-3yrs							Swing/Aerial Yoga All Levels										
10:30 AM - 11:00 AM		Ballet 4-6yrs							Body Conditioning All Levels										
11:00 AM - 11:30 AM	BALLET Improvers	Swing/Aerial Yoga All Levels															Swing/Aerial Yoga All Levels		
11:30 AM - 12:00 PM																			Silk Yoga All Levels
12:00 PM - 12:30 PM																			
12:30 PM - 01:00 PM		FIT & STRETCH All Levels																	
01:00 PM - 01:30 PM																			
01:30 PM - 02:00 PM		Belly Dance All Levels																	
02:00 PM - 02:30 PM																			
02:30 PM - 03:00 PM		POLE FITNESS All Levels																	
03:00 PM - 03:30 PM			Hip Hop 6-9yrs																
03:30 PM - 04:00 PM																			
04:00 PM - 04:30 PM		Musical Theatre 8-14yrs	Hip Hop 10+yrs						Hip Hop 6-9yrs										
04:30 PM - 05:00 PM																			
05:00 PM - 05:30 PM	SALSA Beginner 1	AFRO BEATS All Levels							Hip Hop 10+yrs										Bhangra Bollywood All Levels
05:30 PM - 06:00 PM																			
06:00 PM - 06:30 PM	SALSA Improvers 2	BACHATA Level 1	HIP HOP Int	Contemporary 8+ yrs				Raggaton All Levels			POLE FITNESS All Levels		Belly Dance All Levels	SHUFFLE All levels				POLE FITNESS All Levels	
06:30 PM - 07:00 PM										BALLET Intermediate									
07:00 PM - 07:30 PM	KIZOMBA Level 1	BACHATA Level 1.5	SALSA Intermediate 3	CONTEM- PORARY All Levels	BALLET Beg		LADIES/MEN STYLING	ZUMBA All Levels		BALLET Pointe	KIZOMBA Level 1	AFRO BEATS All Levels	BACHATA Level 1	ZUMBA All Levels			BALLET Beg	AFRO BEATS All Levels	
07:30 PM - 08:00 PM																			
08:00 PM - 08:30 PM	KIZOMBA Level 2			SALSA SHINES	SHUFFLE All Levels		BACHATA Level 2	Fit & Stretch All Levels		CONTEM- PORARY All Levels	KIZOMBA Level 2		BACHATA Level 1.5	SALSA Level 1	Raggaton All Levels				
08:30 PM - 09:00 PM																			
09:00 PM - 09:30 PM	KIZOMBA Level 3	BACHATA Choreo		SALSA Intermediate			BACHATA Level 3	STREET DANCE Imp/Int		HIP HOP All Levels			BACHATA Level 2	SALSA Improvers 2.1					
09:30 PM - 10:00 PM																			

Kids Term Classes

Adult progressing classes; require pre-registration - Salsa / Bachata / Kizomba 4 weeks Course

Adult drop-in classes; no pre-registration required

Adult classes; require pre-registration

Pre-registration could be by Phone, WhatsApp or email