

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																KIDS MUSIC CLASS	Swing/Aerial Yoga	
10:30 AM - 11:00 AM		Ballet 4-6yrs																		
11:00 AM - 11:30 AM	Swing/Aerial Yoga All Levels								Swing/Aerial Yoga All Levels									Swing/Aerial Yoga All Levels		
11:30 AM - 12:00 PM																		Kids Martial Arts Class	Silk Yoga All Levels	
12:00 PM - 12:30 PM	BALLET Improvers																			
12:30 PM - 01:00 PM		Belly Dance All Levels																		
01:00 PM - 01:30 PM																				
01:30 PM - 02:00 PM		FIT & STRETCH 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			Hip Hop 10+yrs	Baby Ballet 2-3yrs					Hip Hop 6-9yrs											
04:30 PM - 05:00 PM				Ballet 4-6yrs					Hip Hop 10+yrs											
05:00 PM - 05:30 PM	HIP HOP All Levels	SALSA Beginner 1																		
05:30 PM - 06:00 PM																				
06:00 PM - 06:30 PM		SALSA Improvers 2		Contemporary 8+ yrs									Belly Dance All Levels	SHUFFLE All Levels				POLE FITNESS All Levels		
06:30 PM - 07:00 PM									BALLET Intermediate	POLE FITNESS All Levels										
07:00 PM - 07:30 PM	BACHATA Level 3	KIZOMBA Level 1		CONTEMPORARY All Levels	BALLET Beg	SALSA Level 1	LADIES/MEN STYLING	ZUMBA All Levels					BALLET Pointe	KIZOMBA Level 1	AFRO BEATS All Levels	BACHATA Level 1	ZUMBA All Levels	SALSA Intermediate 3	BALLET Beg	AFRO BEATS All Levels
07:30 PM - 08:00 PM																				
08:00 PM - 08:30 PM	BACHATA Level 1	KIZOMBA Level 2	SALSA PRACTICE	SALSA Shines	SHUFFLE All Levels		BACHATA Level 2	Fit & Stretch All Levels					CONTEMPORARY 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	BACHATA Level 1.5	KIZOMBA Level 3		SALSA Intermediate 3			BACHATA Level 3	STREET DANCE Imp/Int					HIP HOP All Levels			BACHATA Level 2	SALSA Improvers 2.1			
09:30 PM - 10:00 PM																				
							BACHATA PRACTICE											BACHATA PRACTICE		
																			KIZOMBA SOCIAL	JADS SOCIAL

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