## JAMES & ALEX DANCE STUDIOS - WEEKLY CLASSES SCHEDULE

	Satu	rdav		Sun	dav		Moi	Monday			Tuesday			Wednesday			Thursday		Friday	
Time	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-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																		
10:30 AM - 11:00 AM		Ballet																		
11:00 AM - 11:30 AM	Swing/Aerial	4-6yrs						Swing/Aerial									Swing/Aerial			
11:30 AM - 12:00 PM	Yoga All Levels							Yoga All Levels									Yoga All Levels		Silk Yoga	
12:00 PM - 12:30 PM																			All Levels	
12:30 PM - 01:00 PM	BALLET Improvers	Belly Dance																		
01:00 PM - 01:30 PM		All Levels																		
01:30 PM - 02:00 PM		FIT & STRETCH																		
02:00 PM - 02:30 PM		All Levels																		
02:30 PM - 03:00 PM		POLE FITNESS																		
03:00 PM - 03:30 PM		All Levels	Нір Нор																	
03:30 PM - 04:00 PM			6-9yrs																	
04:00 PM - 04:30 PM			Нір Нор	Baby Ballet 2-3yrs					Нір Нор											
04:30 PM - 05:00 PM			10+yrs	Ballet					6-9yrs											
05:00 PM - 05:30 PM	НІР НОР	SALSA		4-6yrs					Нір Нор						Нір Нор					
05:30 PM - 06:00 PM	All Levels	Beginner 1							10+yrs						10+yrs					
06:00 PM - 06:30 PM		SALSA		Contemporary							POLE FITNESS		Belly Dance	SHUFFLE			POLE FITNESS			
06:30 PM - 07:00 PM		Improvers 2		8+ yrs						BALLET	All Levels		All Levels	All levels			All Levels			
07:00 PM - 07:30 PM	BACHATA	KIZOMBA	SALSA Intermediate	CONTEM- PORARY	BALLET	SALSA	LADIES/MEN	ZUMBA		Intermediate	KIZOMBA	AFRO BEATS	BACHATA	ZUMBA	SALSA Intermediate	BALLET	AFRO BEATS			
07:30 PM - 08:00 PM	Level 3	Level 1	3	All Levels	Beg	Beginner 1	STYLING	All Levels		BALLET Pointe	Level 1	All Levels	Level 1	All Levels	3	Beg	All Levels			
08:00 PM - 08:30 PM	BACHATA	KIZOMBA		SALSA	SHUFFLE		BACHATA	Fit & Stretch		CONTEM- PORARY	KIZOMBA		BACHATA	SALSA	Raggaeton					
08:30 PM - 09:00 PM	Level 1	Level 2		Shines	All Levels		Level 2	All Levels		All Levels	Level 2		Level 1.5	Level 1	All Levels					
09:00 PM - 09:30 PM	BACHATA						BACHATA	STREET		НІР НОР			BACHATA	SALSA						
09:30 PM - 10:00 PM	Level 1.5						Level 3	DANCE Imp/Int		All Levels			Level 2	Improvers 2.1						

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