

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																	
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																			Silk Yoga All Levels
12:00 PM - 12:30 PM	BALLET Improvers	Belly Dance All Levels																	
12:30 PM - 01:00 PM		FIT & STRETCH All Levels																	
01:00 PM - 01:30 PM		POLE FITNESS All Levels																	
02:00 PM - 02:30 PM																			
02:30 PM - 03:00 PM			Hip Hop 6-9yrs																
03:00 PM - 03:30 PM				Baby Ballet 2-3yrs															
03:30 PM - 04:00 PM																			
04:00 PM - 04:30 PM			Hip Hop 10+yrs	Ballet 4-6yrs															
04:30 PM - 05:00 PM																			
05:00 PM - 05:30 PM	HIP HOP All Levels	SALSA Beginner 1.5																	
05:30 PM - 06:00 PM																			
06:00 PM - 06:30 PM		SALSA Improvers 2		Contemporary 8+ yrs	Bollywood Ladies Style All Levels														
06:30 PM - 07:00 PM																			
07:00 PM - 07:30 PM	BACHATA Level 4	KIZOMBA Level 1		CONTEMPORARY All Levels	BALLET Beg	SALSA Beginner 1	LADIES/MEN STYLING	ZUMBA All Levels		BALLET Intermediate	POLE FITNESS All Levels		Belly Dance All Levels	SHUFFLE All Levels				POLE FITNESS All Levels	
07:30 PM - 08:00 PM										BALLET Pointe	KIZOMBA Level 1	AFRO BEATS All Levels	BACHATA Level 2	BALLET Beg	SALSA Intermediate 3	ZUMBA All Levels	AFRO BEATS All Levels		
08:00 PM - 08:30 PM	BACHATA Level 1	KIZOMBA Level 2		SALSA Shines	SHUFFLE All Levels		BACHATA Level 3	Fit & Stretch All Levels		CONTEMPORARY All Levels	KIZOMBA Level 2		BACHATA Level 1	SALSA Beginner 1.5	Raggaeton All Levels				
08:30 PM - 09:00 PM																			
09:00 PM - 09:30 PM	BACHATA Level 2	KIZOMBA Level 3		SALSA Intermediate 3			BACHATA Level 4			HIP HOP All Levels			BACHATA Level 3	SALSA Improvers 2					
09:30 PM - 10:00 PM																			
							BACHATA PRACTICE				KIZOMBA SOCIAL		BACHATA PRACTICE	SALSA PRACTICE					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