

# ADULT TIMETABLE

DAY	TIME	STUDIO 1	STUDIO 2	STUDIO 3
<b>MONDAY</b>				
	10am	FLOWETIC	HARTBEEPS (Babies)	
	7.15pm		PILATES	
	8.15pm		PILATES	
<b>TUESDAY</b>				
	9.30am		PILATES	
	10am - 12pm		DIDDI DANCE	
	6pm	BEGINNERS BALLET		
	7pm	BALLET		
	7.30pm		TAI CHI	BRAZILIAN JIU JITSU
	8pm	BARRE CONCEPT		
<b>WEDNESDAY</b>				
	10am	BABY SENSORY (Babies)	POPTOTS	
	7pm	MOVE AND PLAY	HOLISTIC YOGA	Body 2 The Beat
	8pm	STREET DANCE		YOGA (closed)
<b>THURSDAY</b>				
	10am		PILATES with Michelle	
	10.30am			CRIB NOTES (Parent and baby)
	7pm			BALLET (CONAN)
	8pm			TAI CHI
<b>FRIDAY</b>	10am	BABY SENSORY (Babies)		
<b>SATURDAY</b>	9am - 2.30pm	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL	DANCE COMPANY SCHOOL
<b>SUNDAY</b>	10am	BALLET (CONAN)	PILATES	
	11.30am		YOGA FOR ALL	

WE HAVE A LOT OF PRIVATE HIRE SO PLEASE EMAIL TO ENQUIRE ABOUT STUDIO HIRE.

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