

Monday

- Twisters 1 9:30 am - 10:10 am
Our Twisters 1 class is an introduction to gym for 1-2 year old children
- Twisters 2 10:30 am - 11:10 am
Our Twisters 2 is a gym class for 2-3 year old children
- Gymkids 2:00 pm - 2:40 pm
A lively, fun and energetic introduction to gymnastics for 3-4 year olds
- Ballet ages 8+ (1 hour) 4:00 pm - 5:00 pm
Ballet 8+
- Ballet (1 hour) 12+ 5:00 pm - 6:00 pm
Our most advanced class for girls aged 12 and over

Tuesday

- Twisters 2 9:30 am - 10:10 am
Our Twisters 2 is a gym class for 2-3 year old children
- Gymkids 10:30 am - 11:10 am
A lively, fun and energetic introduction to gymnastics for 3-4 year olds
- Dance Drama ages 3-4 1:05 pm - 1:45 pm
The sessions begin with a song to encourage participation in a variety of movement and dance to bring story books to life!
- Ballet 3-4 2:00 pm - 2:40 pm
Each week the children learn new steps, ballet mimes and movements.
- Gym 1 ages 4-5 4:00 pm - 4:40 pm
- Gym 2 ages 6-7 5:00 pm - 5:40 pm
- Gym 3 (1 hour) 7+ 5:50 pm - 6:50 pm
- Body Blitz for adults 7:30 pm - 8:30 pm

Wednesday

- Twisters 1 9:30 am - 10:10 am
Our Twisters 1 class is an introduction to gym for 1-2 year old children
-

Dance Drama ages 3-4 10:30 am - 11:10 am
The sessions begin with a song to encourage participation in a variety of movement and dance to bring story books to life!

- Twisters 2 2:00 pm - 2:40 pm
Our Twisters 2 is a gym class for 2-3 year old children
- Gym 1 ages 4-5 4:00 pm - 4:40 pm
- Gym 2 ages 6-7 5:00 pm - 5:40 pm
- Gym 3 (1 hour) 7+ 5:50 pm - 6:50 pm

Thursday

- Twisters 1 9:30 am - 10:10 am
Our Twisters 1 class is an introduction to gym for 1-2 year old children
- Twisters 2 10:30 am - 11:10 am
Our Twisters 2 is a gym class for 2-3 year old children
- Gymkids 2:00 pm - 2:40 pm
A lively, fun and energetic introduction to gymnastics for 3-4 year olds
- Ballet ages 5-6 3:55 pm - 4:35 pm
- Ballet (1 hour) 4:45 pm - 5:25 pm
- Ballet ages 5-7 at St John's Church 4:45 pm - 5:25 pm
- Ballet ages 7-9 at St John's Church 5:30 pm - 6:30 pm
- Street Dance (1 hour) 13+ 6:30 pm - 7:30 pm
- Body Blitz for adults 7:30 pm - 8:30 pm

Thursday at St Thomas's

- Tappers and Boppers age 5-6 at St Thomas's 4:00 pm - 4:40 pm
- Street Dance - ages 3-5 years at St Thomas's (30 mins) 4:00 pm - 4:30 pm
- Tappers and Boppers age 6-8 at St Thomas's 4:35 pm - 5:15 pm
- Tap+Jazz ages 9-11+ at St Thomas's 5:25 pm - 6:10 pm

- Tap+Jazz ages 8-11 5:30 pm - 6:10 pm

Friday

- Stretch/workout (torture) class for adults 9:30 am - 10:40 am
- Ballet 3-4 10:45 am - 11:25 am
Each week the children learn new steps, ballet mimes and movements.
- Ballet 2-3 (with parent) 11:30 am - 12:10 pm
- Ballet 3-4 1:05 pm - 1:45 pm
Each week the children learn new steps, ballet mimes and movements.

Saturday

- Body Blitz for adults 10:30 am - 11:30 am