

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 9:30 am - 10:10 am
Our Twisters 2 is a gym class for 2-3 year old children
- Gymkids 3-4 10:45 am - 11:25 am
A lively, fun and energetic introduction to gymnastics for 3-4 year olds
- Gymkids 3-4 2:00 pm - 2:40 pm
A lively, fun and energetic introduction to gymnastics for 3-4 year olds
- Ballet ages 4-5 Reception (40 minutes) 3:55 pm - 4:35 pm
Ballet 8+
- Ballet (ages 9+) 4:45 pm - 5:45 pm
- Ballet ages 5-6 (Year 1) 4:50 pm - 5:30 pm
- Ballet (1 hour) 13+ 5:40 pm - 6:40 pm
Our most advanced class for girls aged 13 and over

Tuesday

- 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 10:45 am - 11:25 am
Our Twisters 2 is a gym class for 2-3 year old children
- Ballet 3-4 2:00 pm - 2:40 pm
Each week the children learn new steps, ballet mimes and movements.
- Dance Drama Reception, Year 1 (ages 4-6) 3:55 pm - 4:35 pm
The sessions begin with a song to encourage participation in a variety of movement and dance to bring story books to life!
- Gym 3 (1 hour) 7+ 3:55 pm - 4:35 pm
- Gym 4 (1 hour) 8+ 4:50 pm - 5:40 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 Reception, Year 1 (ages 4-6) 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 10:45 am - 11:25 am
Our Twisters 2 is a gym class for 2-3 year old children
- Dance Drama ages 3-4 2:00 pm - 2:40 pm
The sessions begin with a song to encourage participation in a variety of movement and dance to bring story books to life!
- Gym 4 (1 hour) 8+ 5:50 pm - 6:50 pm

Thursday

- Twisters 1 9:30 am - 10:10 am
- Dance Drama ages 3-4 10:45 am - 11:25 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 1:00 pm - 1:40 pm
Our Twisters 2 is a gym class for 2-3 year old children
- Gymkids 3-4 2:00 pm - 2:40 pm
A lively, fun and energetic introduction to gymnastics for 3-4 year olds
- Ballet Years 2&3 3:55 pm - 4:35 pm
- Ballet Years 3&4 4:50 pm - 5:30 pm
- Street Jazz/Tap (1 hour) 13+ 5:45 pm - 6:35 pm
- Ballet Years 5+ 5:45 pm - 6:35 pm
- Body Blitz for adults 7:30 pm - 8:30 pm

Thursday at St Thomas's



Street Dance age 3-5 at St Thomas's	3:55 pm - 4:25 pm
■ Street Dance - ages 3-5 years at St Thomas's (30 mins)	3:55 pm - 4:25 pm
■ Street Dance/Tap age 6-8 at St Thomas's	4:45 pm - 5:35 pm
■ Street Dance/Tap ages 9-12 at St Thomas's	5:25 pm - 6:10 pm
■ Tap+Jazz ages 9-12	5:30 pm - 6:10 pm

Friday

■ Ballet 3-4	10:45 am - 11:25 am
<i>Each week the children learn new steps, ballet mimes and movements.</i>	
■ Ballet 2-3 (with parent)	11:40 am - 12:20 pm
■ Ballet 3-4	1:05 pm - 1:45 pm
<i>Each week the children learn new steps, ballet mimes and movements.</i>	
■ Gym 1 & 2 (Reception and Year 1)	3:55 pm - 4:35 pm
■ Gym 3 & Advanced	4:50 pm - 5:50 pm
■ Stretch/workout (torture) class for adults	9:15 am - 10:15 am

Saturday

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