



ADULT’S CLASS TIMETABLE

2025 TERM 4： 6/10-14/12

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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STUDIO 1

9:30-11am Adult Ballet Beginner	9:30-11am Adult Ballet Beginner	9:30-11:00am Adult Ballet Intermediate	9:30-11am Adult Chinese Dance		1-2:30pm Adult Ballet Intermediate
7-8:30pm Adult Chinese Dance	7-8:30pm Adult Ballet Stretch	11-12:30pm Adult Ballet Variations			2:30-4pm Adult Ballet Variation

STUDIO 2

7-8:30pm Adult Ballet Introduction		7-8:30pm Adult Jazz/ Kpop	9:30-11am Adult Ballet Introduction		2:30-4pm Adult Ballet Introduction
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STUDIO 3

10:15-11:15 am Adult Mat Pilates	7-8:30pm Adult Ballet Pre- Intermediate		9:30-11am Adult Ballet Stretch	4-5:30pm Adult Ballet Beginner
7-8:30pm Adult Contemporary				

STUDIO 4

9:30-10:15am Reformer Pilates Group 1:6					9:45-10:15am PrivatePilates (1:1/1:2)	2:30-3:15pm Reformer Pilates Group 1:6
					11:30-12:15pm Reformer Pilates Group 1:6	
	4-4:45pm Reformer Pilates Group 1:6				1:30-2:15pm Reformer Pilates Group 1:6	
	4-4:45pm Pilates 1:1				2:30-3:15pm Reformer Pilates Group 1:6	

Zac	Rafaela	Camilo	Alisa	Ye	Bei Z	Xiaobei	TBC
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