



# ADULT’S CLASS TIMETABLE

2026 TERM 1 : 26/1-5/4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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## STUDIO 1

7-8:30pm Adult Contemporary	10:15-11:45am Senior Ballet 60Y+	9:30-11am Adult Ballet Beginner	9:30-11:00am Adult Ballet Intermediate	9:30-11AM Adult Chinese Dance		1:30-3pm Adult Ballet Intermediate
			11-12:30pm Adult Ballet Variations			3-4:30pm Adult Ballet Variation

## STUDIO 2

7-8:30pm Adult Ballet Introduction	7-8:30pm Adult Ballet Beiginner		9:30-11am Adult Ballet Introduction			2-3:30pm Adult Ballet Introduction
			7-8:30pm Adult Ballet Pre- Intermediate			

## STUDIO 3

<div>10-11:30am</div>	7:30-9pm Adult Ballet Stretch	<div>6:30-8pm</div>	9:30-11am Adult Ballet Stretch	3-4:30PM Adult Ballet Beginner
7-8:30pm Adult Chinese Dance				

## STUDIO 4

9:30-10:15am Reformer Pilates Group 1:6	<div>3:45-4:30pm</div> <div>Private Pilates 1:2</div>		1:45-2:30pm Reformer Pilates Group 1:6
10:15-11am Reformer Pilates Group 1:6	<div>4:30-5:30pm</div> <div>Private Pilates 1:2</div>		2:30-3:15pm Reformer Pilates Group 1:6
	5:30-6:15pm Reformer Pilates Group 1:6		

Zac	Rafaela	Camilo	Alisa	Lucia	Ye	Bei Z	Bei L
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