



ADULT’S CLASS TIMETABLE

2026 TERM 4 : 5/10-13/12

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		10-11:30am Adult Chinese Dance		1-2:30pm Adult Ballet Intermediate
		7-8:30pm Adult Ballet Stretch				2:30-4pm Adult Ballet Introduction

STUDIO 2

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

STUDIO 3

9:30-10:30am	9:30-11:00am Adult Ballet Intermediate	9:30-11am Adult Ballet Stretch	3-4:30PM Adult Ballet Beginner	
10:30-12pm	11-12:30am Adult Ballet Concert Rehearsal			6-7:30pm

STUDIO 4

2:15-3pm Reformer Pilates Group 1:6
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