



ADULT’S CLASS TIMETABLE

2026 TERM 4 : 5/10-13/12

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
STUDIO 1													
7-8:30pm Adult Contemporary		10:15-11:45am Senior Ballet 60Y+		9:30-11am Adult Ballet Beginner				9:30-11am Adult Chinese Dance				1:30-3pm Adult Ballet Intermediate	
				7-8:30pm Adult Ballet Stretch								3-4:30pm Concert Rehearsal	
STUDIO 2													
		7-8:30pm Adult Ballet Beiginner				9:30-11am Adult Ballet Introduction Lv2						2-3:30pm Adult Ballet Introduction Lv2	
						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		6-7:30pm	
		10:30-12pm				11-12:30am Adult Ballet Concert Rehearsal							
STUDIO 4													
										12:45pm-1:30pm Private Pilates 1:2		1:30-2:15pm Reformer Pilates Group 1:6	
Zac		Rafaela		Alisa		Mia		Ye		Bei Z		Mish	