



ADULT’S CLASS TIMETABLE

2026 TERM 1： 26/1-7/4

MONDAYTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYSUNDAY

STUDIO 1

7-8:30pm Adult Contemporary		7-8:30pm Adult Ballet Stretch	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
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STUDIO 3

11-12pm Adult Senior Ballet 60Y+	9:30-11am Adult Ballet Beginner	7-8:30pm Adult Ballet Pre- Intermediate	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	4-5pm Private Pilates 1:1				10-10:45am PrivatePilates (1:1/1:2)
10:15-11am Reformer Pilates Group 1:6	4:45-5:30pm Reformer Pilates Group 1:6				11-11:45am Reformer Pilates Group 1:6
					1:45-2:30pm Reformer Pilates Group 1:6
					2:30-3:15pm Reformer Pilates Group 1:6

Zac	Rafaela	Camilo	Alisa	Lucia	Ye	Bei Z
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