



ADULT’S CLASS TIMETABLE

2026 TERM 3 : 13/7-20/9

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
						6:30-8PM Adult HipHop
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	
	10:30-12pm		11-12:30am Adult Ballet Concert Rehearsal			6-7:30pm
STUDIO 4						
	3:45-4:30pm Private Pilates 1:2				1:30-2:15pm Reformer Pilates Group 1:6	
	4:30-5:30pm Private Pilates 1:1					
	5:30-6:15pm Reformer Pilates Group 1:6					
Zac	Rafaela	Alisa	Mia	Ye	Bei Z	Mish