



# Adult Classes

CLASS                      TEACHER                      LEVEL                      STUDIO

## Monday

9.15am-10.00am	Zumba*	Anna 07769 680 056	All	No 96
10.0am-11.0am	Street Dance	Emma	All	No 96
7.45pm-8.45pm	Tone & Strengthen	Leigh	General	No 96
7.45pm-8.45pm	Ballroom & Latin Fusion	Stephanie	Beginner	No 120
8.45pm-9.45pm	Yoga/Pilates/Qi Gong Fusion	Sam	General	No 96

## Tuesday

9.15am-10.15am	Zumba*	Anna 07769680056	All	No 96
7.45pm-8.45pm	Belly Dance Fit	Anna K	General	No 96
8.30pm-9.30pm	Ballet	Lu	General	No 120
8.45pm - 9.45pm	Contemporary	Anna K	General	No 96

## Wednesday

9.15am-10.15am	Ballet / Conditioning	Verite	General	No 96
12.30-1.30pm	Yoga/Pilates	Sam	General	No 96
7.30pm-8.30pm	Street Dance	Emma	General	No 120
8.15pm - 9.15pm	Ballet	Elaine	Advanced	No 96
8.30pm-9.30pm	Soca Aerobics	Nafura - Wuk Up Academy	General	No 120

## Thursday

10.0am-11.0am	'Shakt Flow' Yoga	Payal	General	No 120
12.30pm-1.30pm	Tap	Verite	General	No 96
7.30pm-8.30pm	Pilates	Sam	General	No 96
8.30pm-9.30pm	Ballet	Sam	Inter/Advanced	No 96
8.30pm-9.30pm	Island Hop	Nafura- Wuk Up Academy	General	No 120

## Friday

10.00am-11.00am	Pilates	Sam	General	No 120
7.30pm - 8.30pm	Tap	Rosie	Beginners	No 120
8.30pm - 9.30pm	Tap	Rosie	Inter/Advanced	No 120

## Saturday

3.45pm - 5.0pm	Ballet	Elaine	Advanced	No 96
5.0pm - 6.0pm	Ballet	Elaine	Beginners	No 96

## Sunday

10.45am - 11.45pm	Ballet	Lu	Beginners	No 96
11.45am-12.45pm	Ballet	Lu	General	No 96

Pay as you go - £7 per class (Cash only to be paid at the start of the class)

Class passes x10 - £50.00 (on sale in the shop)

\* These classes are not run by Innovation Dance but are held at our studio. Please contact the teachers direct for information regarding them. All the rest of the adult classes are run by Innovation Dance.