

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
14:45-15:30	14:45-15:30	14:15-15:00	13:45-14:30	14:00-14:45
<i>Grade 1 Modern</i> (4-6 yrs) Tutor: Christelle van Niekerk	<i>Hip-Hop</i> (7-10 yrs) Tutor: Marisa Kotze	<i>Grade 2 Modern</i> (7-9 yrs) Tutor: Christelle v Niekerk	<i>Modern / Hip-Hop COMBO</i> (4-7 yrs) Tutor: Marisa Kotze	<i>Beginners / Primary Ballet</i> (4-6 yrs) Tutor: Sophia Karayiannis
15:30-16:15	15:30-16:15	15:00-15:45	14:45-15:30	14:45-15:30
<i>Grade 1 Tap</i> (5-8 yrs) Tutor: Christelle v Niekerk	<i>Junior Hip-Hop</i> (11-13 yrs) Tutor: Marisa Kotze	<i>Grade 2 Tap</i> (9-13 yrs) Tutor: Christelle van Niekerk	<i>Modern / Hip-Hop COMBO</i> (8-13 yrs) Tutor: Marisa Kotze	<i>Grade 1 Ballet</i> (7-8 yrs) Tutor: Sophia Karayiannis
	16:30-17:30	15:45-16:45	15:30-16:30	15:30-16:30
	<i>Advanced Hip-Hop</i> (14+ yr) Tutor: Marisa Kotze	<i>Grade 5 Modern</i> (14+ yrs) Tutor: Christelle van Niekerk	<i>Contemporary / Lyrical</i> (13-16 yrs) Tutor: Marisa Kotze	<i>Grade 2 Ballet</i> (10+ yrs) Tutor: Sophia Karayiannis
17:00 – 18:00	17:30-18:30	17:00-18:00	16:30-17:30	16:30-17:30
<i>Grade 5 Modern</i> (14+ yrs) Tutor: Christelle van Niekerk	<i>Teens Hip-Hop</i> (14-16 yr) Tutor: Marisa Kotze	<i>Grade 3 Modern</i> (10 – 11 yrs) Tutor: Christelle van Niekerk	<i>Contemporary / Lyrical</i> (17+ yrs) Tutor: Marisa Kotze	<i>Grade 4 Modern</i> (12-14 yrs) Tutor: Sophia Karayiannis
18:00 – 19:00	19:00 – 20:30	18:15-19:15	17:30-18:30	
<i>Adult Beginners Tap</i> Tutor: Christelle Van Niekerk	STUDIO BOOKED	<i>Grade 5 Tap</i> Tutor: Christelle van Niekerk	<i>Adult Dance Fitness / Hip Hop</i> Tutor: Marisa Kotze	
19:00-20:00		19:15-20:15	18:30 – 19:15	
<i>Contemporary / Lyrical</i> (17+ yrs) Tutor: Marisa Kotze		<i>Adult open Jazz</i> Tutor: Christelle van Niekerk	<i>Private Lesson</i> Tutor: Christelle van Niekerk	

Modern Dance

Modern dancing is a combination of ballet and contemporary. It has the same technique as ballet, but with movements that is much freer to the body. Modern dancing is more about the performance and fun side of dancing. We do the ISTD syllabus in Modern dancing and we offer from Primary-Intermediate Modern. Modern dance helps with strength, flexibility and self-confidence.

Jazz Dance

Jazz dance is a combination of Modern dance and Funk jazz. The syllabus was created for those who wants to do dance, but find the technique of Ballet and Modern difficult. We focus more on the performance of every exercise. It is a fun syllabus and Jazz helps with self-confidence and performance. We offer Bronze, Silver and Gold jazz.

Classical Ballet

Ballet is a classical dance form demanding grace and precision. Ballet dance demands a lot of technique and poise. This is the base of any other dance form. It teaches you respect and discipline, it helps you strengthen your body and helps with flexibility. It is a much disciplined dance genre. We do the ISTD syllabus in Classical Ballet and we offer from Primary-Intermediate Ballet.

Tap

Tap dancing is a form of dance where you dance with tap shoes, striking the floor and making different sounds and rhythms. Tap dancing helps you to keep in time with the music and hear different rhythms. It is also based a lot on performance and characterization. We follow the ISTD syllabus in tap and offer grades/levels from Primary to Intermediate.

Hip-Hop

We offer all the different styles and techniques of hip-hop. We use popular music for this dance genre. Hip-hop helps with your confidence, style and performance. We do focus on the proper technique of the different styles, but our aim is to make it a fun class and genre for everyone to enjoy.

Contemporary

Contemporary is a very expressive dance genre. It has all the elements of Ballet, Jazz and Modern dancing. The genre allows you to connect with the movement emotionally and express every emotion through movement.