

# ACADEMY CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cheek of it - Burlesque 6pm - 8pm	BollyX workout 10am - 11am	Wu Tian Martial Arts - Beginners (4-7 years old) 5pm - 6pm	Strong Zumba 6pm - 7pm	Wu Tian Martial Arts - Beginners (4-7 years old) 4.30pm - 5.15pm	Paradise Yoga - Wake up 9.30am - 10.30am	On point dance - Mambo Fundamentals & Core shnes 1pm - 2pm
Pilates Body Awareness Advance Level 4 6.30pm - 7.30pm	Strong Zumba 6pm - 7pm	Wu Tian Martial Arts - Beginners (8-18 years old) 6pm - 7pm	Cheek of it - Bellyesque 6pm - 7pm	Wu Tain Martial Arts - Intermediate (8-18 years old) 5.30pm - 6.30pm	Pilates Body Awarness Advanced level 5 11am - 12.30pm	On point dance - Mambo Advanced shines 2pm - 3pm
Pilates Body Awareness High Intermediate Level 3+ 6.30 - 7.30pm	Yoga with Alex Cross 6.30pm -8.30pm	T's Pilates 6.30pm - 7.30pm	Pilates with Zahida Palma Open level 6pm - 9pm	Prone 2 Pilates 6.30pm - 7.30pm	Paradise Yoga - Wake up 11am -12pm	On point dance - Mambo Partner work & drills 3pm - 4pm
Madame Krumpets - Burlesque 8pm - 9pm	Musical Theatre Singing Class 6.30pm - 8pm	Pilates Body Awarness Improvers level 2 6.30pm - 7.30pm	Pilates Body Awareness Intermediate level 3 6.30pm - 7.30pm		Ori London - Tahitian Dance 12.30pm - 2pm	Paradise Yoga Wind down 5.30pm - 6.30pm
	JazzMad Swing Dance 7pm - 10pm	JazzMad - Swing Dance 7pm - 10pm	Tai Chi & Qigong 7pm - 9pm		Pilates Body Awareness Absolute Beginners 2pm - 3pm	Paradise Yoga - Wind down 7pm - 8pm
	Tap Dance - Beginners 7pm - 9pm	Cheek of it - Burlesque 7pm - 8.30pm			Pilates Body Awarness Intermediate levels 3 + 4 3pm - 4pm	Gong Bath with Otto (first and last Sundays of the month only) 6pm - 9pm
	Hip Hop Grooves 8pm - 9pm	Nadeem Malik Salsa All levels 8.30pm - 9.30pm			Irene Miguel Academy Foundation Salsa course 4pm - 6pm	
					Paradise Yoga Wind down 5.30pm - 6.30pm	
					Strong Zumba 6pm - 7pm	

FOR MORE INFORMATION ON PRICES AND BOOKINGS PLEASE HEAD TO  
ACADEMYDANCESTUDIOS.COM AND HEAD TO CLASS LISTINGS PAGE :-)