

DANCEWORKS OPEN DAY

20TH SEPTEMBER 2009

Danceworks is proud to present a fun filled day of dance, yoga, fitness & martial arts. FREE OF CHARGE! NO CLASS OR MEMBERSHIP FEES!
Due to popular demand we are putting on a record breaking number of classes for all to enjoy!

10.00 - 11.00	TAI CHI	1
10.00 - 11.00	C YOGA	3
10.00 - 11.00	KICKBOXING	5
10.00 - 11.00	VERSE BEBOP JAZZ	6
11.00 - 12.00	BODYWORKS	3
11.00 - 12.00	BURLESQUE	11
11.15 - 12.00	CHILDREN'S POP JAZZ (5-10 years)	6
12.00 - 13.00	CHILDREN'S POP JAZZ (12+ years)	6
12.00 - 13.00	AFRICAN CONTEMPORARY	3
13.00 - 14.00	RUDEYE FUSION FUNK	3
13.00 - 14.00	STREET LEVEL	6
14.00 - 15.00	DANCE PRECISION TONING	3
14.30 - 15.30	PRE AND POST NATAL YOGA	6
15.00 - 16.00	LATIN JAZZ	3
15.30 - 16.30	THEATRICAL JAZZ push! Productions	5
15.30 - 16.30	BALLROOM & LATIN AMERICAN	6
16.00 - 17.00	CHEERFIT	3
16.30 - 17.30	BAY SYXX STREET DANCE	11
16.30 - 17.30	SAMBA	5
17.00 - 18.00	CHANTING & MEDITATION	6
17.00 - 18.00	DYNAMIC PILATES	3

ALL CLASSES ARE GENERAL LEVEL UNLESS OTHERWISE STATED
Classes are on a first come first serve basis so arrive early to avoid disappointment.
Please note that booking lists open 30 minutes before the class start time.