

JOIN OUR DANCE AND FITNESS COMMUNITY!
Ph 0466 847 205

DANCE
by brooke cassar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RCSA Sport Aerobics 7:00 – 7:40 am	Staff Pilates 6:45 – 7:30 am	RCSA Sport Aerobics 7:00 – 7:40 am	RCSA Sport Aerobics 7:00 – 7:40 am	RCSA Sport Aerobics 7:00 – 7:40 am	Mat Pilates 7:30 – 8:15 am
RCSA Sport Aerobics 7:40 – 8:20 am	RCSA Sport Aerobics 7:40 – 8:20 am	RCSA Sport Aerobics 7:40 – 8:20 am	RCSA Sport Aerobics 7:40 – 8:20 am	RCSA Sport Aerobics 7:40 – 8:20 am	Adult Ballet Foundations 8:15 – 9:15 am
					QB Petit Pointers Level 2 9:15 – 9:45 am
	QB Petit Pointers Level 3 10:45 – 11:15 am		Staff Pilates 4:00 – 4:45 pm	QB Petit Pointers Level 2 8:30 – 9:00 am	QB Petit Pointers Level 3 9:45 – 10:15 am
			QB Petit Pointers Level 3 2:15 – 2:45 pm		Junior Ballet 10:15 – 11:00 am
WELLINGTON POINT HALL Junior Ballet 3:45 – 4:30 pm	Intermediate Level 1 Ballet 3:45 – 4:30 pm	Junior Beginner Sport Aerobics 3:30 – 4:10 pm	Intermediate Level 2 Ballet 3:45 – 4:30 pm	DBBC CLUB Sport Aerobics 3:30 – 5:00 pm	Junior Jazz 11:00 – 11:45 am
WELLINGTON POINT HALL Sport Aerobics Intensive 4:30 – 5:15 pm	Intermediate Level 1 Jazz & Contemporary 4:30 – 5:15 pm	Senior Level 1 Ballet 4:15 – 5:00 pm	Intermediate Level 2 Jazz & Contemporary 4:30 – 5:15 pm	DBBC CLUB Sport Aerobics 5:00 – 6:30 pm	
WELLINGTON POINT HALL Senior Level 1 Ballet 5:15 – 6:00 pm	Senior Level 2 Jazz 5:15 – 6:15 pm	Stretch & Limber Program 5:00 – 5:45 pm	Acro Foundations 5:15 – 5:45 pm	DBBC CLUB Sport Aerobics 6:30 – 8:00 pm	
	Senior Level 2 Ballet 6:15 – 7:15 pm	Pointe Basics 5:45 – 6:00 pm Pointe Extension 6:00 – 6:30 pm	Senior Level 1 Contemporary 6:00 – 6:45 pm		
Mat Pilates & Stretch 6:30 – 7:30 pm	Intermediate Adult Ballet 7:15 – 8:15 pm	Senior Level 2 Ballet 6:30 – 7:30 pm	Senior Level 2 Contemporary 6:45 – 7:45 pm		
		Mat Pilates 7:30 – 8:15 pm	7:45 – 8:15 pm Senior Acro		DBBC COACHING AVAILABLE BY APPOINTMENT ONLY

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*timetable subject to change