

BARRES

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THE ART OF MOVEMENT

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41 Lente Street, Kirstenhof, Cape Town

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09h00	Pilates (special)	Barre Fit (Special)	Pilates	Tap (Adults 18+ yrs)	
09H50		Contemporary (Adults 18+ yrs)			
13h00			Melody Bear Pre-school (wise owl)		
13h30	Pre-school Acrobatics			Contemporary pre-school	
14h00				Pre-Junior Hip Hop	
14h40	Contemporary (6-9 yrs)		Tap open 1 juniors	Hip Hop (6- 10 yrs)	
15h20	Contemporary (7-12 yrs)		Acrobatics Sport class`	Hip Hop (11+ yrs)	
16h00	Contemporary (13+)		Contemporary (6-12 years)	Acrobatics (7-10 yrs)	
16h40			Tap open 2 seniors/adults	Acrobatics (13+ yrs)	
17h30	Hip Hop (Adults 18+ yrs)			Contemporary (13+ yrs)	
18h20	Contemporary (Adults 18+ yrs)		Barre Fit	Contemporary (Adults 18+ yrs)	

*This is the 2021 proposed timetable. All class times are subject to change.