

# BARRES

THE ART OF MOVEMENT

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41 Lente Street, Kirstenhof, Cape Town

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08h30				Tap (Adults 18+ yrs)	
09h00	Pilates	Barre	Pilates		
09h30				Mommy & Me dance (20 months - 3yrs)	
13h00			Melody Bear Pre-school (wise owl) 12h50	Pre-school Acrobatics	
13h30	Acrobatics 1 (6-8 yrs)			Pre-School Contemporary	
14h00	*Contemporary 1 (6-8 yrs)		Tap 1 (6+)	Pre-Junior Hip Hop	
14h40	Contemporary 2 (9-11 yrs)		Tap 2 (9+ years)	<b>14h50</b> Acrobatics 2 (Int)	
15h20	Hip Hop ( 6- 10 yrs)		Acrobatics Sport class	<b>15h30</b> Hip Hop (11+ yrs)	
16h00	Contemporary 3 (11-13 yrs)	*Hip Hop (13+ yrs)	Contemporary (6-12 years)	<b>16h10</b> Acrobatics 3 (Beg)	
16h40	Contemporary 4 (14+)		Tap 3 open seniors/adults	<b>16h50</b> Acrobatics 4 (13+ yrs)	
17h30	Acrobatics (14+ yrs)			<b>17h40</b> Contemporary (14+ yrs)	
18h20	Contemporary (Adults 18+ yrs)		Barre Fit	<b>18h30</b> Contemporary (Adults 18+ yrs)	

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