

BARRES

THE ART OF MOVEMENT

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41 Lente Street, Kirstenhof, Cape Town

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09h00		Barre	Adult Contemporary	Barre	
13h00			Melody Bear Pre-school (wise owl) 12h50	Pre-School Hip Hop (4-6 yrs)	
13h30	AcroTots (3-5 yrs)			Acrobatics 1 (6-8 yrs) Grade R-2	
14h00	New Contemporary / Acro mixed class 6-8 years		Tap 1 (6+ Beginner)	14h00-14h40 Contemporary 1 (6-8 yrs) Grade R- 2	Progressing Ballet Technique
14h40	Junior Hip Hop 1 (8+ yrs)	*AAB 1 (6-8 yrs)	Tap 2 (9+ Int)	14h50 Acrobatics 2 (8-10)	
15h20	Contemporary 2 (9-11 yrs) Grade 2-4	*AAB 2 (10+ yrs)	Acrobatics Skills class	15h30 Hip Hop (10+ yrs)	
16h00	Contemporary 3 (10+ yrs) Grade 4-7		Contemporary (9-12 yrs mixed)	16h10 Acrobatics 3 (Int)	
16h40	Acrobatics (14+ yrs)	*Contemporary 4 (Teens 13+ yrs) Grade 8+	*Tour Group	16h50 *Contemporary 4 (Teens 13+ yrs) Grade 8+	
17h30	Contemporary 5 (Seniors 15+ Adv)	Beginner Contemporary (Adults 18+ yrs)	Tap 3 open seniors/adults	17h40 Contemporary 5 (seniors 15+ yrs)	
18h20	Contemporary (Adults 18+ yrs)	*New Beginner Hip Hop (Adults 18+ yrs)	Barre	18h30 Contemporary (Adults 18+ yrs)	

*New Classes **This is the 2024 proposed timetable. All class times are subject to change. All contemporary/Acrobatics/Ballet dancers are required to take 2 classes per week per style from 9 years up.