

# BARRES

THE ART OF MOVEMENT

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41 Lente Street, Kirstenhof, Cape Town

Time	Monday	Tuesday	Wednesday	Thursday	Friday
08h00					
09h00		Barre	Adult Contemp	Barre	
09h30					
13h00			Melody Bear Pre-school (wise owl) 12h50		
13h30	Pre-School Acrobatics				*Ballet mixed class
14h00			Tap 1 (6+ Beginner)	Acrobatics 1 (6-9 yrs)	Pre-School Hip Hop
14h40	Acrobatics Skills 1 & 2 (6-9 yrs)	*Ballet 1	Contemporary 2 (9-11 yrs) Grade 3-5	Contemporary 1 (6-9 yrs)	Junior Hip Hop 1 (8+ yrs)
15h20	Contemporary 1 (6-8 yrs) Grade 1/2	*Ballet3	Tap 2 (9+ Int)	Acrobatics 2 (9-11)	Hip Hop (10+ yrs)
16h00	Contemporary 2 (9-11 yrs) Grade 3-5	*Ballet 2	Acrobatics Skills 3+4 (10+ yrs)	Acrobatics 3+4 (Int)	
16h40	Contemporary 3 (12+ yrs) Grade 6-7	*Contemporary 5 (14+ yrs) Grade 8+	Contemporary 3 (9-14 yrs)	Contemporary 5 (14+ yrs)	
17h30	PBT	Beginner Contemporary (Adults 18+ yrs)	Tap 3 open seniors/adults		
18h20	Contemporary (Adults 18+ yrs)	Hip Hop (Adults 18+ yrs)	Adult Ballet	Contemporary (Adults 18+ yrs)	

2025 Proposed timetable. All class times are subject to change. All contemporary/Acro/Ballet dancers are required to take 2 classes per week per style from 8 years up.