

BARRES.

THE ART OF MOVEMENT

060 786 8557

www.barres.co.za

hello@barres.co.za

41 Lente Street, Kirstenhof, Cape Town

Time	Monday	Tuesday	Wednesday	Thursday	Friday
09h00		Barre	Adult Beg Contemporary	Barre	
09h30					
13h00			12h45-13h15 Melody Bear Pre-school (wise owl)		
13h30	Pre-School Acrobatics	Pre-school Ballet 3-6		Pre-School Hip Hop	
14h00	Pre-School Contemporary 1		Tap 1 (8+ Beginner)	Acrobatics 1 (7-9 yrs)	PBT
14h40	Acrobatics Skills 1 & 2 (7-10 yrs)	Ballet 1 Gr1+	Contemporary 3 (9-11 yrs) Grade 3-5	Contemporary 2 (7-9 yrs)	Hip Hop (12+ yrs)
15h20	Contemporary 2 (7-9 yrs) Grade 1/2		Tap 2 (12+ Int)	Acrobatics 2 (9-11)	Junior Hip Hop 1 (9+ yrs)
16h00	Contemporary 3 (9-11 yrs) Grade 3-5	Ballet 2 10+	Acrobatics Skills 3+4 (10+ yrs)	Acrobatics 3+4 (Int)	
16h40	Ballet3 (12+ yrs)	Contemporary 5 (14+ yrs) Grade 8+	Contemporary 4 (9-14 yrs)	Contemporary 5 (14+ yrs)	
17h30	Contemporary 4 (12+ yrs) Grade 6-7	Adult Beg Contemporary (Adults 18+ yrs)	Tap 3 open seniors/adults		
18h20	Adult Int. Contemporary (Adults 18+ yrs)	Adult Hip Hop (Adults 18+ yrs)	Adult Ballet	Adult Int. 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.

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DESCRIPTION OF CLASSES

Pre-school classes	4 years – School Grade R	Barre	Adult fitness class (combination of ballet/contemporary barre work & Pilates)	Ballet 1	School Grade 1-3
*Acrobatics 1	School Grade 1-3			Ballet 2	School Grade 4-6
*Acrobatics 2	School Grade 4-6	Adult Beg Contemporary	Beginner adult's with little dance experience	Ballet 3	School Grade 7 and High school
*Acrobatics 3 & 4	School Grade 7 and High school	Adult Int. Contemporary	Adults with previous dance experience		
		Adult Hip Hop	All levels 18+ Hip Hop class	Melody Bear Pre- school	Offered at partner nursery schools
Contemporary 1	4 years – School Grade R				
*Contemporary 2	School Grade 1-3	Tap 1	School Grade 2-4	Junior Hip Hop 1 (9+ yrs)	School Grade 2-6
*Contemporary 3	School Grade 4-6	Tap 2	School Grade 6+	Hip Hop (12+ yrs)	School Grade 7 to Highschool
*Contemporary 4	School Grade 6 + 7	Tap 3	High school & Adults		
*Contemporary 5	High School			PBT	Progressing Ballet Technique: open to dancers over 10 years
		Acrobatics Skills 1 + 2	Classes purely based on learning new Acro skills/tricks & strengthening (no choreography)		
Adult Ballet	All levels 18+ beginner ballet	Acrobatics Skills 3+4	1+2 = School Grade 1-3 3+4 = School Grade 4+		