

BARRES

THE ART OF MOVEMENT

hello@barres.co.za | www.barres.co.za | 060 786 8557

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Dance Fitness 8:15-9:00
	BARRE	Adult Beg Contemp	BARRE	Teacher's Class
		Pre-School (wise owl) 12:45-13:15		
Contemp 1 13:30-14:00		Ballet 2 13:30-14:05		Solo & DTQ Class 13:30-14:40
Acro 1 14:00-14:30	Ballet 1 14:00-14:30	Contemp 2 14:05-14:45	Hip-Hop 1 14:00-14:30	
Ballet 2 14:40-15:20	Acro Skills 14h40-15h20	Acro 2 14:45-15:20	Tap Jnr 14h40-15h20	PBT 14h40-15h20
Contemp 2 15:20-16:00	Ballet 3 15:20-16:00	Ballet 3 15:20-16:00	Acro 3 15:20-16:00	Hip Hop Snr 15:20-16:00
Ballet 4 16:00-16:40	Contemp 3 16:00-16:40	Contemp 3 16:00-16:40	Acro 4 16:00-16:40	Hip Hop Jnr 16:00-16:40
Contemp Snr 16:40-17:20	Acro Skills ¾ 16:40-17:20	Contemp Snr 16:40-17:30	Extension Class (Comp T) 16:40-17:20	Solo & DTQ Class 16:40-17:30
Tap Snr 17:30-18:20	Adult Beg. Contemp 17:30-18:20	Ballet 4 17:30-18:20	Adult Int Ballet 17:30-18:20	
Adult Int Contemp 18:20-19:10	Adult Open (HH/Cont) 18:20-19:10	Adult Beg Ballet 18:20-19:10	Adult Int Contemp 18:20-19:10	

Colour KEY - Class Descriptions

Acro 1	Pre-School - Gr R
Contemp 1	
Ballet 1	
Mixed Classes	Tap / Extension
Acro 3	9-12 Yrs School Grade 3-7
Contemp 3	
Ballet 3	
Hip Hop Jnr	
Adults	All Adult Classes

Acro 2	6-8 yrs School Gr 1 - 3
Contemp 2	
Ballet 2	
Hip Hop 1	
Acro 4	13+ Yrs School Grade 8+
Contemp 4	
Ballet 4	
Hip Hop Snr	