

# TERM 3

## MONDAY

**4-4:45pm:**

JUNIOR JAM 1 (Beg)

**4:34-5:30pm:**

JUNIOR JAM 2 (Beg)

**5:30pm-6:30pm:**

TWEEN/TEEN (Beg/Int)

**6:45-7:45pm:**

ADULT SOUL FUNK  
(Int/Advanced)

## TUESDAY

**10am-11am:**

SILVER TOP  
DANCE THERAPY

**5:30-7:30pm:**

SALSA SOCIAL

## WEDNESDAY

**4:30pm-5:15pm:**

JUNIOR BREAK (Beg/Int)

**5:30pm-6:30pm:**

TEEN (Int/Ad)

**6:45pm-7:45pm:**

ADULT SOUL FUNK  
(Beg)

**7:45pm-9pm:**

FLUID ADAPTION

## THURSDAY

**2pm-3pm:**

SILVER TOP  
DANCE THERAPY

**4pm-4:45pm:**

MINI FEET 1

**5pm-6pm:**

TBC

## FRIDAY

**10-10:45am:**

AFROBEAT (African  
Dance Fitness)

**5:30-6:45pm:**

FLUID ADAPTION  
MARTIAL ARTS

## SATURDAY

## SUNDAY

**10am-12pm:**

FLUID ADAPTION  
MARTIAL ARTS

**BOOK  
HERE**

Movement Zone:

[sarah@movementzone.com](mailto:sarah@movementzone.com)

Salsa Social:

[camiserra@gmail.com](mailto:camiserra@gmail.com)

Fluid Adaption:

[mitch@fluidadaption.com](mailto:mitch@fluidadaption.com)