

Narooma Studio Timetable:

MONDAY			WEDNESDAY		
9:15am	Pilates - Full Body Flow All Levels	Daisy - Narooma Pilates	9:15am	Full body Flow Intermediate	Daisy- Narooma Pilates
10:30am	Belly Dancing - Beginners	Nicole - Sapphire Belly Dancing			
			3:30-4:00pm	Boys Hip Hop	Cortney Summerell
3:00-3:30pm	Tiny tots Ballet	Steph Wills	4:00-5:00pm	Pre-Teen Jazz & Contemporary	Cortney Summerell
3:30-4:00pm	Pre-Junior Ballet	Steph Wills	5:00-6:00pm	Teen Jazz & Contemporary	Cortney Summerell
4:00 – 4:45pm	Junior Ballet	Steph Wills	6:00 –6:45pm	Adult Ballet – Beginner/Intermediate	Cortney Summerell
4:45 – 5:45	Pre-teen & Teen Ballet	Cortney Summerell	6:45-7:30pm	Adult Social Ballroom/Latin	Cortney Summerell
5:45-6:30pm	Matwork Pilates – Beginner/Intermediate	Cortney Summerell			
6:30-7:15pm	Latin Fitness Class (Adult)	Cortney Summerell	THURSDAY		
7:15-8:00pm	Social Ballroom/Latin (Adult)	Cortney Summerell	7:00am-7:45am	Pilates Matwork – Beginner/Intermediate	Cortney Summerell
TUESDAY			9:15am	Pilates – Stretch Bolster All Levels	Daisy – Narooma Pilates
9:15am	Pilates - Stretch Bolster All Levels	Daisy – Narooma Pilates			
11:00am	Mums & Bubs Pilates	Cortney Summerell	3:30-4:00pm	Tiny Tots Jazz	Tegan Dibden
			4:00-4:30pm	Pre-Junior Jazz	Tegan Dibden
3:00-3:30pm	Tiny Tots Jazz	Cortney Summerell	4:30-5:00pm	Youngsters HipHop 5-6	Maddie/Ruby
3:30-4:15pm	Pre-Junior Jazz & Contemporary	Cortney Summerell	5:00-5:45pm	Junior/Preteen Hip Hop	Maddie/Ruby
4:15-5:00pm	Junior Jazz & Contemporary	Cortney Summerell	5:45-6:30pm	Teen Hip Hop	Maddie/Ruby
5:00 – 6:15pm	Performance/Comp Team Training	Cortney Summerell			
6:15-7:00pm	Mens Pilates	Cortney Summerell	FRIDAY		
7:00 – 8:00pm	Adults Jazz Beginner - Intermediate	Cortney Summerell	9:15am	Pilates – Arms, Back and Core - Intermediate	Daisy Narooma Pilates
			SATURDAY		
			8:30am	Pilates – Core, Legs and Glutes	Daisy Narooma Pilates
			10:00-10:30am	Tiny Tots Jazz	Cortney Summerell
			10:30-11:00am	Tiny Tap	Daisy Heathcote
			11:00-11:45am	Tap Junior-Pre-teen	Daisy Heathcote
			11:45-12:15pm	Children Beginner Social Ballroom/Latin	Cortney Summerell

Bermagui Timetable:

	WEDNESDAY	
9:30-10:00am	Senior Adult Ballet - Beginners	Cortney Summerell
10:00-11:00am	Senior Adult Latin Fitness – Beginner/Intermediate	Cortney Summerell
3:30-4:00pm	Boys HipHop	Ruby/Maddie
4:00-5:00pm	Junior -Pre-teen Hip Hop	Ruby/Maddie
	THURSDAY	
3:30-4:00pm	Tiny Tots Jazz/Ballet	
4:00-5:00pm	Pre-Junior Ballet/Jazz	Cortney Sumemrell & Bridie Cotton
4:00-5:00pm	Junior Ballet/Jazz	Bridie Cotton & Cortney Summerell
5:00 – 6:00pm	Pre-teen Jazz & Contemporary	Cortney Summerell
5:30-6:30pm	Teen Jazz & Contemporary	Cortney Summerell
6:30pm – 7:15pm	Pilates Matwork	Cortney Summerell
7:15 – 8:00pm	Social Ballroom/latin	Cortney Summerell