

2de KWARTAAL 2019 / 2nd TERM 2019

MONDAY

- 08:15 - 09:05 PILATES
09:15 - 10:05 PILATES FOR MATURE CLIENT (74 yrs +)
13:45 - 14:15 *NEW - ACRO (Ages 5 - 7) No more than 10 Children in this class) - Taylen, Sonja-Marie, Melienke, Lisa, Marli, Bruché, Siorel
14:15—15:00 GRADE 2 BALLET - Sky, Meah, Cwenga, Ava, Lana, Annika, Neyanna, Aqhama, Miyolo, Bohlahe, Bohlokoa, Alicia
15:00—15:45 2ND GRADE MODERN & BLUE MEDAL - Tanique, Lia, Lianie, Leila, Dimpho, Carla, Amile, Alicia, Inge
15:45—16:30 GRADE 3 BALLET - Tanique, Lia, Leila, Elizma, Dimpho, Nerize
16:30—17:15 GRADE 1 BALLET (2011 Grade 2) - Anna-Ria, Isabella, Amay, Kaylee, Melandi, Dineo, Lika, Thando, Nicky, Sistine, Inga, Amike, Annatjie, Atlehang, Someleze, Lulu, Oyena, Ingrid, Dannica, Alissa
17:15—18:00 4TH GRADE MODERN - Ilne, Camdenn, Dasha, Rize, Izelle, Zelmarie, Elizma, Amy, Anda, Mandie
18:00 - 18:45 *NEW - ACRO (11 yrs & older) Ilne, Zelmarie, Mandie, Izelle, Chane, Danel
18:45 - 19:30 INTERMEDIATE FOUNDATION BALLET - Chané, Kamerin, Shiri, Danel, Imi, Phiwe
19:30 - 20:00 BALLET POINTS - Chané, Kamerin, Shiri, Danel, Imi, Phiwe

TUESDAY

- 07:15 - 08:10 PERSONAL TRAINING - CJ
08:15 - 09:10 PERSONAL TRAINING - AK
13:15 - 14:00 **GROUP 1**, GRADE 1 BALLET - Isabella, Annatjie, Sistine, Lika, Kaylee, Nicky, Amay, Alissa
14:00 - 14:30 PRE-SCHOOL BEGINNERS BALLET (2013 GrR) Caitlin J, Lwandle, Lihle, Giselle, Ria, Lisah, Mila, Ane, Merize, Line, Miné, Nashe
14:30 - 15:00 PRE-PRIMARY BALLET (2012 Grade 1) - Siorel, Taylen, Bruche, Alunamba, Marli, Naomi, Sonja-Marie, Olothando, Jody, Megan, Elmé, Lia, Carli, Navee, Zeldré, Sarie, Nicole
15:00 - 16:00 PRELIMINARY MODERN - Chane, Shiri, Robyn
16:00 - 16:45 **GROUP 2**, GRADE 1 BALLET (2011 Grade 2) - Anna-Ria, Melandi, Dineo, Thando, Inga, Amike, Atlehang, Someleze, Lulu, Ingrid, Oyena, Dannica
16:45 - 17:30 GRADE 4 BALLET - Rize, Camdenn, Dasha, Ashlin, Charmaine, Jani, Mandie, Johane, Anda, Luvuyo
17:30 - 18:15 1ST GRADE MODERN & RED MEDAL - Sky, Meah, Cwenga, Ava, Annika, Nellie, Leandri
18:15 - 19:00 FINAL GRADE MODERN—Jaydin, Kamerin, Ashlin
19:00 - 20:00 INTERMEDIATE FOUNDATION BALLET - Chané, Kamerin, Shiri, Danel, Imi, Phiwe

WEDNESDAY

- 13:30 - 14:00 * NEW - ACRO (Ages 8 - 10) No more than 10 children per Acro class - Lianie, Lia, Tanique, Annika
14:00 - 14:45 2ND GRADE MODERN & BLUE MEDAL - Tanique, Lia, Lianie, Leila, Dimpho, Carla, Amile, Alicia, Inge
14:45 - 15:30 STEPPING UP MODERN (2011 Grade 2) - Anna-Ria, Isabella, Amay, Kaylee, Lulu, Melandi, Thando, Nicky, Ane, Sistine, Grace, Inga, Atlehang, Oyena
15:30 - 16:00 PRE-GRADE 2 HIP HOP (2010 Grade 3) Ilzae, Lia, Neyanna, Avanique, Elmi, Sky, Joanie, Annika, Nellie, Elli-Sue, Aidan, Nerize, Lianie, Carla, Kaydin
16:00 - 17:00 GRADE 4 BALLET - Rize, Camdenn, Dasha, Ashlin, Charmaine, Jani, Mandie, Johane, Anda, Luvuyo
17:00 - 17:45 1ST GRADE MODERN & RED MEDAL - Sky, Meah, Cwenga, Ava, Annika, Nellie, Leandri
17:45 - 18:30 4TH GRADE MODERN - Ilne, Anda, Camdenn, Dasha, Rize, Izelle, Zelmarie, Elizma, Amy, Mandie
18:30 - 19:15 HORTON / PILATES FOR DANCERS - Marnus, Danel, Kamerin, Elreece, Anri, Jaydin, Amyolele, Robyn, Zama, Lethabo, Annique, Shiri, Chane, Imi, Phiwe, Ryna
19:15 - 20:00 PRELIMINARY MODERN - Chane, Shiri, Robyn

THURSDAY

- 07:15 - 08:10 PERSONAL TRAINING - CJ
08:30 - 09:20 PILATES
09:30 - 10:15 Ballet - Martelize

Teacher Jeanette's Classes

- 13:30 - 14:00 TINY TOTS (2014) - Andwele, Alet, Marga, Junior, Amber, Lisa, Melienke, Anda, Adanje, Lizette, Kaitlyn
14:00 - 14:30 PRE-GRADE MODERN - (2013 Grade R) - Caitlin J, Giselle, Ria, Lisah, Ane, Merize, Line
14:30 - 15:00 STEPPING STONES MODERN (2012 Grade 1) - Marli, Jody, Sonja-Marie, Siorel, Taylen, Bruche, Navee, Carli, Sarie

- 15:00—15:45 PRE-PRIMARY BALLET (2012 Grade 1) - Siorel, Taylen, Bruche, Alunamba, Marli, Naomi, Sonja-Marie, Olothando, Jody, Megan, Elmé, Lia, Mia, Navee, Zeldré, Sarie, Nicole
16:15 - 17:00 GRADE 3 BALLET - Tanique, Lia, Leila, Elizma, Dimpho, Nerize
17:00 - 17:45 GRADE 2 BALLET - Sky, Meah, Cwenga, Ava, Annika, Neyanna, Aqhama, Miyolo, Bohlahe, Bohlokoa, Alicia
17:45 - 18:45 FINAL GRADE MODERN - Jaydin, Kamerin, Ashlin
18:45 - 19:45 INTERMEDIATE FOUNDATION BALLET - Chané, Kamerin, Shiri, Danel, Imi, Phiwe

FRIDAY

- 08:15 - 09:05 ADVANCED PILATES
13:15 - 13:45 PRE-GRADE 1 HIP HOP (2011 Grade 2) - Kaylee, Annatjie, Atang, Isabella
13:45 - 14:15 PRE-LEVEL 1 HIP HOP - Tanique, Landile, Amy, Inge, Hanzelle, Leila, Alicia, Kuko
14:15 - 15:00 PRE-LEVEL 2 HIP HOP - Zelmarie, Elizma, Jani, Ilne, Kamerin, Ashlin, Izelle, Keith, Tanique, Dasha, Layton, Marnus, Kamo, Anri, Elreece, Lethabo
15:00 - 16:00 JUNIOR 1 & INTERMEDIATE 2 HIP HOP - Annique, Zama, Shiri, Robyn, Phiwe

- RED MEDAL— Sky, Meah, Cwenga, Ava, Annika, Nellie, Leandri
BLUE MEDAL - Carla Tauber, Leila Plaatjes, Lianie Smook, Lia van der Westhuizen, Tanique Kumm, Dimpho, Amile, Alicia, Inge
ORANGE MEDAL - Rize Christensen, Dasha Newton, Camdenn Voeght, Ilne Prinsloo, Izelle van Vuuren
TURQUOISE - Kamerin Mc Pherson, Chane Oelofse, Shiri Wiessie, Robyn Johnson

What Ballet training can do for your Child in the long term?

Ballet strengthens the entire body and it substantially increases flexibility.

Besides the obvious workout for the legs, it helps develop muscle tone in the abdominal, arms, back and hips. As proper body alignment is essential to successful dance, you'll wind up with better posture.

Ballet also combines an inspiring mix of commitment, discipline and artistic expression. It improves balance, relieves stress and adds grace and fluidity to your child's movements."

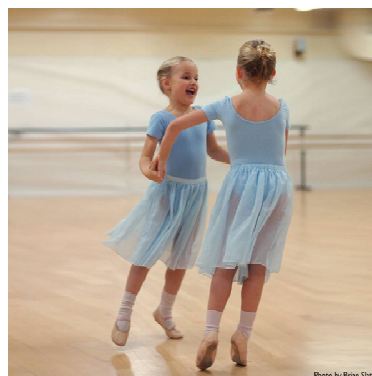


Photo by Brian Slater