

Belly Dance *Arābesque* Term 1 commences Monday 5 February 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners Foundation	<p>6.15pm Belly Dance <u>Upstairs- Regan</u></p> <p>7.30pm Yoga <u>Upstairs - Regan</u></p>	<p>6.15pm Bollywood Prem Ratan Dhan Payo <u>Downstairs - Rebecca</u></p> <p>10am Move it or Lose it Movement Class</p>	<p>8.30pm UNMATA ITS New Level 1 Upstairs - Regan</p>	<p>*10am & 6.15pm Yoga <u>Upstairs- Regan</u></p> <p>7.30pm American Tribal Style Belly Dance Downstairs - Jenny</p>		<p>10am Belly Dance <u>Downstairs—Jenny</u></p> <p>11.15am Drumming Classes *see flyer for dates</p>
Beyond Beginners	<p>6.15pm Belly Dance <u>Upstairs- Regan</u></p> <p>7.30pm Yoga <u>Upstairs - Regan</u></p> <p>8.30pm UNMATA ITS Continuing Upstairs—Regan</p>	<p>10am Move it or Lose it Movement Class</p> <p>6.15pm Bollywood Prem Ratan Dhan Payo <u>Downstairs - Rebecca</u></p>	<p>6.15pm Tribal Fusion Nataraja <u>Upstairs - Liyana</u></p>	<p>11.30am Belly Dance Shaabi El Rose <u>Upstairs - Regan</u></p> <p>6.15pm Belly Dance Shaabi El Rose <u>Downstairs - Jenny</u></p> <p>7.30pm American Tribal Style Belly Dance Downstairs - Jenny</p>		<p>10am Belly Dance <u>Downstairs—Jenny</u></p> <p>11.15am Drumming Classes *see flyer for dates</p>
Intermediate	<p>7.30pm Yoga Upstairs - Regan</p>	<p>10am Move it or Lose it Movement Class</p> <p>6.15pm Belly Dance El Nasseem <u>Upstairs—Shamira</u></p> <p>7.30pm Bollywood Nagada Sang Dhol <u>Downstairs—Rebecca</u></p> <p>7.30pm Belly Dance Veil, Darigh Nur <u>Upstairs— Shamira</u></p>	<p>6.15pm Tribal Fusion Nataraja <u>Upstairs - Liyana</u></p>	<p>11.30am Belly Dance Shaabi El Rose <u>Upstairs - Regan</u></p> <p>6.15pm Belly Dance Shaabi El Rose <u>Downstairs - Jenny</u></p> <p>7.30pm Tribal ATS Upstairs - Regan</p>	<p>6.15pm Bollywood Nagada Sang Dhol Upstairs—Rebecca</p>	<p>10am Belly Dance El Nasseem <u>Upstairs - Shamira</u></p> <p>11.15am Belly Dance Veil Darigh Nur <u>Upstairs - Shamira</u></p>
Advanced	<p>7.30pm Yoga Upstairs - Regan</p>	<p>6.15pm Belly Dance El Nasseem <u>Upstairs - Shamira</u></p> <p>8.30pm Bollywood Advanced Technique</p>	<p>7.30pm Tribal Fusion Veil Upstairs - Regan</p>	<p>10am & 6.15pm Yoga Upstairs - Regan</p>		<p>10am Belly Dance El Nasseem <u>Upstairs - Shamira</u></p> <p>11.15am Drumming Classes *see flyer for dates</p>