

# Belly Dance *Arābesque* Term 1 commences Monday February 4, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Beginners Foundation</b>	6.15pm <b>Belly Dance</b> New <u>Upstairs- Regan</u>  7.30pm <b>Yoga</b> <u>Upstairs - Regan</u>	10am <b>Mindful Movement Class</b>  6.15pm <b>Bollywood</b> Bole Chudiyan <u>Upstairs - Rebecca</u>		*10am & 6.15pm <b>Yoga</b> <u>Upstairs- Regan</u>  7.30pm <b>American Tribal Style Belly Dance</b> Downstairs - Jenny		10am <b>Belly Dance</b> New <u>Downstairs—Jenny</u>  11.15am <b>Drumming Classes</b> *see flyer for dates
<b>Beyond Beginners</b>	6.15pm <b>Belly Dance</b> New <u>Upstairs- Regan</u>  7.30pm <b>Yoga</b> <u>Upstairs - Regan</u>  8.30pm <b>UNMATA ITS</b> Level 2 <u>Upstairs—Regan</u>	10am <b>Mindful Movement Class</b>  6.15pm <b>Bollywood</b> Bole Chudiyan <u>Upstairs - Rebecca</u>	6.15pm <b>Tribal Fusion</b> The Hour of Two Lights <u>Upstairs - Liyana</u>	11.30am <b>Belly Dance</b> The Mummies' dance <u>Upstairs - Regan</u> 6.15pm <b>Belly Dance</b> The Mummies' Dance <u>Downstairs - Jenny</u> 7.30pm <b>American Tribal Style Belly Dance</b> Downstairs - Jenny		10am <b>Belly Dance</b> New <u>Downstairs—Jenny</u>  11.15am <b>Drumming Classes</b> *see flyer for dates
<b>Intermediate</b>	7.30pm <b>Yoga</b> <u>Upstairs - Regan</u>	10am <b>Mindful Movement Class</b>  6.15pm <b>Belly Dance</b> 'Dina' - Modern <u>Downstairs—Shamira</u> 7.30pm <b>Bollywood</b> Kamariya (Mitron) <u>Upstairs—Rebecca</u> 7.30pm <b>Belly Dance</b> Hasret- Classical <u>Downstairs— Shamira</u>	6.15pm <b>Tribal Fusion</b> The Hour of Two Lights <u>Upstairs - Liyana</u>	11.30am <b>Belly Dance</b> The Mummies' Dance <u>Upstairs - Regan</u> 6.15pm <b>Belly Dance</b> The Mummies' Dance <u>Downstairs - Jenny</u> 7.30pm <b>American Tribal Style Belly Dance</b> Upstairs - Regan	6.15pm <b>Bollywood</b> Kamariya (Mitron) <u>Upstairs—Rebecca</u>	10am <b>Belly Dance</b> 'Dina' - Modern <u>Upstairs - Shamira</u>  11.15am <b>Belly Dance</b> Hasret- Classical <u>Upstairs - Shamira</u>
<b>Advanced</b>		6.15pm <b>Belly Dance</b> 'Dina' - Modern <u>Downstairs - Shamira</u>  8.30pm <b>Bollywood</b> Advanced Technique	7.30pm <b>Tribal Fusion</b> Beatbox Guitar <u>Upstairs - Regan</u>			10am <b>Belly Dance</b> 'Dina' - Modern <u>Upstairs - Shamira</u>