

# Belly Dance *Arābesque* Term 2 commences Monday April 27, 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners Foundation	6.15pm <b>Belly Dance</b> <u>Upstairs- Regan</u>  <b>BLACKWOOD</b> 6.30pm <i>Belly Dance</i> <i>Harriet</i>	10am <b>Mindful Movement Class</b>  6.15pm <b>Bollywood</b> London Thumakda <u>Upstairs - Rebecca</u>	6.15 pm <b>UNMATA ITS</b> Format Level 1 <b>NEW CLASS</b> Downstairs - Regan	*10am & 6.15pm <b>Yoga</b> <b>Beginners Welcome</b> <u>Upstairs- Regan</u> 7.30pm <b>American Tribal Style Belly Dance</b> Downstairs - Jenny		10am <b>Belly Dance</b> <u>Downstairs—Jenny</u>  11.15am <b>Drumming Classes</b> *see flyer for dates
Beyond Beginners	6.15pm <b>Belly Dance</b> <u>Upstairs- Regan</u>  7.30pm <b>Yoga</b> <b>Beginners welcome</b> <u>Upstairs - Regan</u>  8.30pm <b>UNMATA ITS</b> Level 2 Upstairs—Regan	10am <b>Mindful Movement Class</b>  6.15pm <b>Bollywood</b> London Thumakda <u>Upstairs - Rebecca</u>	6.15pm <b>Tribal Fusion</b> Sing About It <u>Upstairs - Sarah</u>	11.30am <b>Belly Dance</b> Tamr Henna <u>Upstairs - Regan</u>  6.15pm <b>Belly Dance</b> Tamr Henna <u>Downstairs - Jenny</u>  7.30pm <b>American Tribal Belly Dance</b> Downstairs - Jenny		10am <b>Belly Dance</b> <u>Downstairs—Jenny</u>  11.15am <b>Drumming Classes</b> *see flyer for dates
Intermediate	7.30pm <b>Yoga</b> <b>Beginners Welcome</b> Upstairs - Regan	10am <b>Mindful Movement Class</b> 6.15pm <b>Belly Dance</b> Baed Annak cont plus Drum Solo - <u>Regan</u> 7.30pm <b>Bollywood</b> Cham Cham <u>Upstairs—Rebecca</u> 7.30pm <b>Belly Dance</b> Saiidi with no cane <u>Regan</u>	6.15pm <b>Tribal Fusion</b> Sing About It <u>Upstairs - Sarah</u>  7.30pm <b>Tribal Fusion</b> Seven Nation Army Upstairs - Regan	11.30am <b>Belly Dance</b> Tamr Henna <u>Upstairs - Regan</u> 6.15pm <b>Belly Dance</b> Tamr Henna <u>Downstairs - Jenny</u> 7.30pm <b>American Tribal Style Belly Dance</b> Upstairs - Regan	6.15pm <b>Bollywood</b> Cham Cham Upstairs—Rebecca	10am <b>Belly Dance</b> Baed Annak cont plus Drum Solo <u>Regan</u>  11.15am <b>Belly Dance</b> Saiidi without cane <u>Regan</u>
Advanced		6.15pm <b>Belly Dance</b> Baed Annak cont plus Drum Solo <u>Regan</u> 8.30pm <b>Bollywood</b> Advanced Technique	7.30pm <b>Tribal Fusion</b> Seven Nation Army Upstairs - Regan			10am <b>Belly Dance</b> Baed Annak cont plus Drum Solo <u>Regan</u>