

# Belly Dance Arabesque

Term 1 starts Monday Feb 6th, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Beginners &amp; Foundation</b>	<b><u>6.15 pm</u></b> Beginner Belly Dance @ College Park With Regan	<b><u>Alternating PM</u></b> <b><u>times or Term 1,</u></b> <b><u>please check with</u></b> <b><u>Regan</u></b> Mindful Movement With Regan All Levels	<b>*NEW*</b> 10 am DANCE WORKOUT Fun dance fitness aimed at over 50's With Jenny (45 min class)	<b><u>10 am &amp; 6.15 pm</u></b> Yoga All levels With Regan <b><u>6.15 pm All Levels</u></b> Pot Luck Variety With Jenny <b><u>*NEW 7 pm*</u></b> Beginner Belly Dance Class Brighton High School With Bridgette		<b><u>10 am</u></b> Beginner Belly Dance With Jenny
<b>Beyond Beginner &amp; Intermediate</b>	<b><u>7.30 pm</u></b> Yoga With Regan All levels *studio and zoom	<b><u>6.15 pm</u></b> Beyond Beginner Bollywood Spanish Fusion with Fan with Rebecca *studio and zoom  <b><u>6.15 pm</u></b> Int/Advanced Belly Dance Tangier With Regan	<b><u>6.15 pm</u></b> L 1&2 ITS Contemporary Fusion Improv With Regan	<b><u>11.30 am</u></b> Intermediate Belly Dance Yalla Chant With Regan  <b><u>7.30 pm</u></b> ATS FCBD Style Beyond Beginner & Intermediate With Regan		<b><u>11.15 am</u></b> Intermediate Belly Dance Yalla Chant With Regan & Kelly
<b>Intermediate &amp; Advanced</b>		<b><u>7.30 pm</u></b> Intermediate Bollywood O Re Piya With Rebecca *studio and zoom	<b><u>7.30 pm</u></b> Intermediate Fusion Belly Dance Nothing Else Matters With Regan		<b><u>6.15 pm</u></b> Intermediate Bollywood O Re Piya With Rebecca	<b><u>10 am</u></b> Int/Advanced Belly Dance Tangier With Regan & Kelly