

Belly Dance Arabesque

Term 4 starts Monday October 16, 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners & Foundation	10 am (45 min) DANCE WORKOUT Fun dance fitness aimed at over 50's With Jenny	<u>Alternating PM times for Term 4, please check with Regan</u> Mindful Movement With Regan All Levels	10 am DANCE WORKOUT Fun dance fitness aimed at over 50's With Jenny (45 min class)	<u>10 am & 6.15 pm</u> Yoga All levels With Regan <u>6.15 pm All Levels</u> Pot Luck Variety With Jenny <u>7 pm</u> Beginner Belly Dance Class Brighton High School With Bridgette		<u>10 am</u> Beginner Belly Dance With Jenny
Beyond Beginner & Intermediate	<u>7.30 pm</u> Yoga With Regan All levels *zoom only	<u>6.15 pm</u> Beyond Beginner Bollywood Skirt Senorita with Rebecca *studio and zoom <u>6.15 pm</u> Int/Advanced Belly Dance Rock'n'Darbuka Drum With Regan	<u>6.15 pm</u> L 2,3 ITS Contemporary Fusion Improv With Regan	<u>11.30 am</u> Intermediate Belly Dance El Leila Saidi With Regan <u>7.30 pm</u> ATS FCBD Style Beyond Beginner & Intermediate With Regan		<u>11.15 am</u> Intermediate Belly Dance El Leila Saidi With Regan & Kelly
Intermediate & Advanced		<u>7.30 pm</u> Intermediate Bollywood Kajra Re With Rebecca *studio and zoom	<u>7.30 pm</u> Intermediate Fusion Belly Dance Jericho With Regan		<u>6.15 pm</u> Intermediate Bollywood Kajra Re With Rebecca	<u>10 am</u> Int/Advanced Belly Dance Rock'n'Darbuka With Regan & Kelly