



Studio Arabesque

✦ Move ✦ Create ✦ Connect

Term 4 starts Monday October 12, 2026

	New Beginners/ Foundation	Beyond Beginners/ Intermediate	Intermediate/ Advanced	Open Level	Specialty Workshops
Monday	11 am BELLY DANCE With Bridgette	7:30 pm GENTLE YOGA With Regan *on zoom only	6 pm BELLY DANCE Drumspyder With Regan	10 am DANCE WORKOUT With Bridgette	
Tuesday		6:15 pm BOLLYWOOD Chogada With Rebecca *Studio & Zoom	7:30 pm BOLLYWOOD Medley With Rebecca *Studio & Zoom	5 pm MINDFUL MOVEMENT With Regan	
Wednesday		6:15 pm Dance Enrichment With Regan Unlock Your Body With Dance	7:30 pm FUSION STYLE With Regan	6:15 pm Dance Enrichment With Regan Unlock Your Body With Dance	6:15 pm Dance Enrichment With Regan Unlock Your Body With Dance
Thursday	6:15 pm BELLY DANCE Foundations With Regan	10 am GENTLE YOGA With Rebecca 11:30 am BELLY DANCE Habibi Da With Rebecca	7:30 pm FCBD Style With Regan	6:15 pm BELLY DANCE Foundations With Regan	
Friday			6 pm BOLLYWOOD Medley With Rebecca		Use the QR CODE to head straight to our Website
Saturday		11:15 am BELLYDANCE Habibi Da With Regan & Kelly	10 am BELLYDANCE Drumspyder With Regan & Kelly		

