

TEENS / ADULTS DANCE & FITNESS PROGRAMMES

Note: Class schedule may be subject to change without prior notice.

All classes are on-going unless otherwise stated. Please call to check on vacancies available.

We are closed on Mondays and Public Holidays.

☎ 6465 5335

✉ danz@joyfulstepsandrhythm.com.sg

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					WeBarre Fundamentals ^{New} 9.45 - 10.45 am
		WeBarre Fundamentals ^{New} 10.00 - 11.00 am			WeBarre Fundamentals ^{New} 11.00 am - 12.00 pm
Zumba Fitness 10.00 am - 11.00 am					Zumba Fitness ^{New} 11.00 am - 12.00 pm
Contemporary Intro 10.00 am - 11.00 am					
Adult Ballet Intro 11.00 am - 12.30 pm					
					Zumba Fitness ^{New} 4.00 pm - 5.00 pm
				WeBarre Fundamentals ^{New} 5.15 pm - 6.15 pm	
		WeBarre Signature ^{New} Multi-Level 6.15 pm - 7.15 pm			
	Pilates - "Breathing Awaken Your Senses" Techniques 6.30 pm - 7.30 pm				
WeBarre Fundamentals ^{New} 6.15 pm - 7.15 pm	Adult Ballet Elementary 7.30 - 9.00 pm	Adult Ballet Beginners ^{New} 6.45 pm - 8.00 pm	Zumba Fitness ^{New} 7.30 pm - 8.30 pm		
WeBarre Fundamentals ^{New} 7.30 pm - 8.30pm	WeBarre Fundamentals ^{New} 7.00 - 8.00 pm	WeBarre Fundamentals 7.30 pm - 8.30 pm			
		Beginners Contemporary ^{New} 8.00 pm - 9.30 pm			
WeBarre Signature ^{New} Multi-Level 8.35 pm - 9.35 pm	Zumba Fitness ^{New} 8.00 pm - 9.00 pm	Zumba Fitness ^{New} 8.00 pm - 9.00 pm			
	WeBarre Signature ^{New} Multi-Level 8.15 pm - 9.15 pm	WeBarre Fundamentals ^{New} 8.35 - 9.35 pm			