

Studio of Motion Timetable

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Time	Studio 1 Waterkloof	Studio 2 Centurion	Studio 1 Waterkloof	Studio 2 Centurion	Studio 1 Waterkloof	Studio 2 Centurion	Studio 1 Waterkloof	Studio 2 Centurion	Studio 1 Waterkloof	Studio 2 Centurion	Studio 1 Waterkloof	Studio 2 Centurion
06h00	Pilates		Pilates		Pilates		Pilates		Pilates			
07h00	Pilates		Pilates		Pilates		Pilates		Pilates			
08h00											Pilates	
09h00											Pilates	
12h00												
13h00												
14h00		Pre-school Hip Hop		Pre-school Ballet	Pre-school Modern				Pre-school Ballet			
14h30		Pre-school Modern		Pre-school Tap	Pre-school Hip Hop				Pre-school Tap			
15h00		Modern (7-9 yrs)		Hip Hop (7-9 yrs)	Junior Tap				Hip Hop (7-9 yrs)			
15h45	Acrobatics (All Ages)	Junior Tap		Hip Hop (10-13 yrs)	Modern (7-9)			Modern (10-13 yrs)	Hip Hop (10-13 yrs)			
16h30		Hip Hop (14+)		Hip Hop (advanced)	Hip Hop (14 +)			Modern (advanced)	Modern (10-13yrs)			
17h30		Modern (14+)		Adult Hip Hop	Modern (14 +)			Acrobatics (All Ages)	Pilates			
18h30		Pilates(Body Conditioning)			Modern (Advanced)		Pilates(Body Conditioning)					
19h30		Adult Modern	Adult Hip Hop		Adult Modern		Hip Hop (Advanced)					

*Please note: Studio 1 = Waterkloof Ridge Studio, Studio 2 = Centurion Studio. All classes are subject to change.