

KARATE & Dance FEDERATION

Dance Timetable

| Weekday | Session | Time | Lead Staff | Assistant Staff |
|------------------|--------------------------|---------------|------------|-----------------|
| Monday | | | | |
| Tuesday | Mummy & Me | 10:00 - 10:45 | Amelia | |
| | Tiny Tots Gymnastics | 16:00 - 16:45 | Amelia | |
| | Junior & Teen Gymnastics | 17:00 - 17:50 | Amelia | |
| | Zumba Fitness | 18:30 - 19:30 | Amelia | |
| Wednesday | Zumba Fitness | 11:00 - 12:00 | Amelia | |
| | Yoga | 12:30 - 13:30 | Amelia | |
| | Baby Bloom | 13:00 - 14:00 | Amelia | |
| Thursday | | | | |
| Friday | Mummy & Me | 10:00 - 10:45 | Amelia | |
| | Yoga | 18:30 - 19:30 | Amelia | |
| Saturday | Baby Bloom | 12:15 - 12:45 | Tia | James |
| | Tots & Toddlers | 12:15 - 12:45 | Tia | James |
| | Mini Movers | 13:00 - 13:45 | Tia | James |
| | Junior Jumpers | 14:00 - 15:00 | Tia | James |
| | Teen Twisters | 15:15 - 16:15 | Tia | James |
| | Senior Shufflers | 16:30 - 17:30 | Tia | James |
| Sunday | | | | |