

summer timetable - casual dance classes - 1 feb 2010 - 11 april 2010

melbourne's freshest funky dance studio
the place to dance & be seen

monday			
vintage burlesque -new-	6.30pm	jo -new-	all levels welcome
hula hoops	6.30pm	kiri	intermediate
hip hop	6.30pm	jacinda	beginners
pole dancing course level 1	6.30pm	maria -new-	19 april - 7 june
hula hoops	7.30pm	kiri	beginners
ceroc	7.30pm	rotating teachers	beginners
pop star diva	7.30pm	jo	all levels welcome
hip hop	7.30pm	jacinda	intermediate
pole dancing course level 2	7.30pm	maria	19 april - 7 june
ceroc fortnightly	8.30pm	caterina/various	advanced
tuesday			
funky jazz	6.30pm	helen	beg / intermediate
tigertone	6.30pm	tania	all levels welcome
zumba commencing 23 march	6.30pm	bella -new-	all levels welcome
pole dancing course level 1	7.30pm	tania -new-	20 april - 1 june
ballet	7.30pm	helen	all levels welcome
wednesday			
shimmy sizzle	6.30pm	bella	all levels welcome
lyrical	6.30pm	maria	all levels welcome
zumba	6.30pm	michelle	all levels welcome
pole dancing course level 1	7.30pm	maria	21 april - 2 june
african	7.30pm	appiah	all levels welcome
dirty divas	7.30pm	bella	all levels welcome
contemporary	7.30pm	elanor jane	all levels welcome
dancehall/reggaeton	8.30pm	bella	all levels welcome



buy
8 classes
& receive 1 free
summer
special
(exc pole course)

thursday			
hip hop	6.30pm	maria	all levels welcome
pussycat jazz	6.30pm	jo	all levels welcome
pole dancing course level 1	6.30pm	tania -new-	22 april - 3 june
pole dancing course level 2	7.30pm	tania -new-	level 1 & above
west coast swing	7.30pm	brett/bianca	all levels welcome
ballet	7.30pm	maria	all levels welcome
west coast swing	8.30pm	brett/bianca	social
saturday			
zumba	11.00am	michelle	all levels welcome
african	11.30am	appiah	beginners
african	12.30pm	appiah	intermediate
sunday			
pole dancing course level 1	4.30pm	tania -new-	25 april - 6 june

pole practice - anytime the studio is open & available, call to book

kids dance classes	day	time	teacher	age
mums & bubs	sat	10am	maria	1yr - 4yrs +
mixed bag - hip hop/ ballet/jazz	tues	4.30pm	maria	juniors 5yrs
hip hop	tues	5.30pm	maria	youth 10yrs

casual dance class pricing

adults \$15pp 1 hr • student / youth \$13pp 1 hr • juniors \$11pp 45 min,
social - \$10 • ceroc advanced \$18 per person / \$15 per teachers

pole classes prices - women only (mens courses coming soon)

pole fitness casual classes = \$22 (1 hr) • pole practice = \$15 (1 hr)
pole dancing course 7 weeks = \$175 (1 hour x 7 weeks)



public transport - tram 86. no classes run on public holidays
times & teachers may vary. please call first to confirm.

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- new - pole dancing
pole fitness
hot, sexy, blends dance & gymnastics, ideal way to get that body you've always wanted, courses & classes on offer.



ZUMBA - new - zumba
latin inspired dance/fitness class that is fun for everyone. ditch the workout & join the party!



- new - lyrical
inspiration from ballet, jazz & modern, set to popular music with vocals, enhancing strength, lines of the body & flowing movements



pussy cat jazz
where lyrical & street jazz blend to give you a great workout & bring out the best in style, lines & glamour...jazz up your sexier side.



vintage burlesque
inspired by the 1950's pin ups like betty page, this class is cheeky, expressive and very feminine.



dirty diva
sass, grind & girl power attitude sum up this class, belly dance & burlesque combined to bring out your inner video clip hottie.



hip hop / pop princess
as seen in the music video clips, it's animated & gets your body moving.



pop star diva
ever wish you could dance like beyonce, shakira, britney or janet? learn your favourite funky video-clip choreography bring your camera-ready smile.



shimmy sizzle
high energy, belly dance with an exotic influence of hip hop, jamaican, egyptian folkloric, turkish & greek thrown in.



funky jazz
after funk meets contemporary jazz, Broadway will never be the same again. explore dance with no boundaries. one world language through movement.



dancehall/reggaeton
blends latin, hip hop, tribal & jamaican, hot & spicy, booty shaking with lots of grind.



african
tribal drum beats, expressive & traditional. this style is fun, powerful & energetic!



hula hoops (hoops provided)
creative, fun & energetic physical art that works all 35 core muscles, improves balance, strength, co-ordination & stamina.



contemporary
as seen on so you think you dance, movement, expression, floorcraft, freedom.



tiger tone - body conditioning
a merge of stretch & strength with body conditioning to enhance all dance styles & bring out the inner tiger in you.



ballet
classic, elegant, stylish - tone, flexibility & strength.



west coast swing
smoothest dance from USA as seen on so you think you can dance & dancing with the stars.



ceroc-french latin modern jive
blends latin, jive, tango, wcr, ballroom, & dirty dancing, it's exciting, stylish & fun, very easy to learn, danced to top 40.



getting married/hens night
captivate your guests by enjoying your first dance together as husband & wife we can teach you your wedding dance! hens night packages also available.



- new - kids classes
fusion offers both junior and youth mixed bag, mums & bubs and hip hop classes.

our teachers are friendly, professional & up with the latest styles & trends!!