2010 winter timetable - casual dance classes

captivate your senses

fusion dance & lifestyle studios

adults & children's dance classes
pole dancing
hip hop
reggaeton/dancehall
contemporary
jazz
zumba
ballet
ceroc and more
functions / dance classes / dance wear

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

fusion dance & lifestyle studios offers the right mix of dance classes & lifestyle

with over 20 dance styles to choose from in a funky modern environment!

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

478 smith st fitzroy • 9417 7755 • 0414 999 741 • www.fusiondance.com.au • groove@fusiondance.com.au

fusion dance winter special

purchase 5 classes & receive a free fusion water

offer ends on 3 october, winter special cost $75 & can be redeemed for 2 months from the purchase date

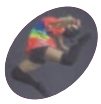
adult dance classes

	time	teacher	level
monday			
zumba	6.30pm	bella	all levels welcome
burlesque	6.30pm	strawberry siren	all levels welcome
hip hop	6.30pm	jacinda	beginners
pole dancing course level 1			
	6.30pm	maria -new-	5 july - 7 week course
hula hoops	7.30pm	dominka	beg / int
ceroc	7.30pm	rotating teachers	beginners
pop star divas	7.30pm	helen	all levels welcome
hip hop	7.30pm	jacinda	intermediate
pole dancing course level 2			
	7.30pm	maria	5 july - 7 week course
ceroc fortnightly	8.30pm	caterina/various	advanced
tuesday			
cabaret jazz	10am	maria	all levels welcome
zumba	10am	bella	all levels welcome
hip hop	11am	maria	all levels welcome
funky jazz	6.30pm	helen	beg / intermediate
pole dancing course level 1			
	6.30pm	maria	6 july - 7 week course
zumba	6.30pm	bella	all levels welcome
pole dancing course level 1			
	7.30pm	maria	6 july - 7 week course
ballet	7.30pm	helen	all levels welcome
ballet	8.30pm	helen	advanced

kids dance classes

monday	time	teacher	age
m.a.d for tiny tots	10.30am	elanor-jane	tots 2.5 yrs - 5yrs
tuesday	**time**	**teacher**	**age**
mixed bag - hip hop/ ballet/jazz	4.30pm	maria	juniors 5yrs - 9yrs
hip hop	5.30pm	maria	youth 10yrs - 15yrs

times & teachers may vary. please call first to confirm.



	time	teacher	level
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	7 july - 7 week course
african	7.30pm	appiah	all levels welcome
dirty divas	7.30pm	bella	all levels welcome
m.a.d program	7.30pm	elanor-jane	all levels welcome
dancehall/reggaeton	8.30pm	bella	all levels welcome
jazz technique & spins	8.30pm	maria -new-	all levels welcome
thursday			
hip hop	6.30pm	jacinda	all levels welcome
ballet	6.30pm	maria	all levels welcome
pole fit	7.30pm	maria -new-	all levels welcome
west coast swing	7.30pm	brett/bianca	all levels welcome
pussycat jazz	8.30pm	maria	all levels welcome
zumba starts 12 aug	8.30pm	bella -new-	all levels welcome
west coast swing	8.30pm	brett/bianca	social
saturday			
m.a.d program	10.00am	elanor-jane	all levels welcome
zumba	11.00am	tammy	all levels welcome
hip hop	2.30pm	maria	all levels welcome
pole dancing course level 1			
	3.30pm	maria -new-	10 july - 7 week course
sunday			
pole dancing course level 1			
	4.00pm	maria -new-	11 july - 7 week course
pole dancing course level 1			
	5.00pm	maria -new-	11 july - 7 week course
pole dancing course level 2			
	6.00pm	maria -new-	11 july - 7 week course

captivate your senses fusion dance & lifestyle studios

public transport - tram 86.
no classes run on public holidays.

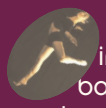
dance classes • rehearsal / room hire • functions • workshops & more

winter timetable - dance styles on offer

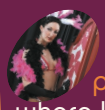
fusion classes are social, fun fitness. beginners are welcome.

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

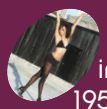
zumba
latin inspired dance/fitness class that is fun for everyone. ditch the workout & join the party!



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

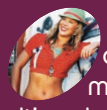


cabaret jazz
cabarettes/showgirls
pussy cat jazz
where lyrical & street jazz blend to give you a great workout & bring out the best in style, lines & glamour... jazz up your sexier side.

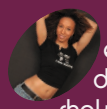


burlesque
inspired by the 1950's pin ups like betty page, this class is cheeky, expressive & very feminine.

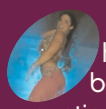
dirty divas
sass, grind & girl power attitude sum up this class, belly dance & burlesque combined to bring out your inner video clip hottie.



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

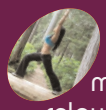


pop star diva
ever wish you could dance like beyonce, shakira, britney or janet? learn your favourite funky video-clip choreography bring your camera-ready smile.

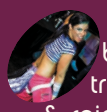


shimmy sizzle
high energy, belly dance with an exotic influence of hip hop, jamaican, egyptian folkloric, turkish & greek thrown in.

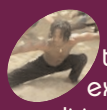
funky jazz
after funk meets contemporary jazz, broadway will never be the same again. explore dance with no boundaries. one world language through movement.



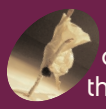
yoga
yoga is a form of meditation, self relaxation, gentle movements that tone & increase flexibility & stretch.



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!

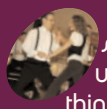


contemporary
as seen on so you think you dance, movement, expression, floorcraft, freedom.

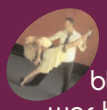
m.a.d program
movement • awareness • development
for an energising body & mind revamp this program brings together pilates, yoga, fendenkrais alexandra technique, self massage. ballet & contemporary to centre the body

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

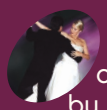
ballet
classic, elegant, stylish - tone, flexibility & strength.



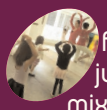
west coast swing
smoothest dance from usa as seen on so you think you can dance & dancing with the stars.



ceroc-french latin
modern jive
blends latin, jive, tango, wcs, 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 & hip hop classes.

- new styles coming
- capoeira
- flamenco

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

www.fusiondance.com.au

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adults & children's
dance classes
dance classes
functions
workshops
rehearsal / room hire
dance wear

melbourne's freshest funky dance studio
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fusion dance & lifestyle studios offers the right mix of dance classes & lifestyle with over 20 dance styles to choose from in a funky modern environment!

casual dance class pricing

adults $15pp 1 hr
student / youth $13pp 1 hr
juniors $11pp 45 min
social - $10
ceroc advanced $18 pp / $15 per teachers
multi class passes - great value -
20-30-50-100 classes packages available

pole classes prices - ladies only

pole fitness = $22 (1 hr)
pole practice = anytime the studio is free = $15 (1 hr)
pole dancing course
7 weeks = $175 (1 hour x 7 weeks)

upcoming events:

lorne dance fitness weekender 23-25 july 2010
snow weekender 13-15 august 2010
black tie ball 12 november 2010

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