**MONDAY**

\*Grans- A -Loud – 50 + 10-10.45am (Michelle)

£1.50\*

Fun-N-Run – boys/girls 3-10years 4-5pm (Michelle) £3/£2

Street class - boys 4-12years - 5.30-6.30pm (Niall) £3.50

Pilates – 7-8pm (Natasha B) £6 Contemporary -8-9pm (Natasha B) £5/4

Abstract Dance Studio

Timetable

Commencing 18th Jan 2010

**TUESDAY**

Babytime- Mums & Newborn +. - Tue - 10-11am (Michelle) £3

Tod-A-Long-6months-5years – Tues - 11-12pm (Michelle) £3

Ab-A-ttack – Tue – 12.30-1pm (Michelle) £2

Strength-N-Up - 7-8pm (Michelle) £3.50 \* TBC

**WEDNESDAY**

Ballet Baby- 2-4 years – 10-10.45am (Michelle) £2.50\*

Baby Gym – 2-4years – 11-11.45am (Gina) £2.50\*

Paint-A-Long - 5-10years - 4.30-5.30pm £3.50(Natasha/Michelle

Cheer-A-Size –- 6.30-7.30pm (Michelle) £3.50\*

Sals-A-Size – 7.30-8.30 (Stephanie) £3.50\*

Burlesque - 8.30-9.30pm (Alana) £3.50\*

**THURSDAY**

Burn-N-Up –10-11am (Tracy) £3

Ballet – 4.30-5.30pm £4

Cheerleading Comp Class – 5.30-6.30 £3.50

Stretch n strengthen 14+ 6.30-7.30pm Pole Dancing 9-10pm (Alana) £6 (TBC)

**FRIDAY**

\*Cheer-A-Size 10-30-11.30am (Michelle) £3.50

Slim-A-Size–1130-12..30(Michelle) £3.50\*

Thighs/Tums/Bums- 1.30-2pm (Michelle) £2

**SATURDAY**

Flexdance Academy – 2-adult

11-4pm £3.50 per hour

Michelle, Stephanie, Alana, Rudy

**Drumchapel Sports Centre**

Gymnastics 3.30-4.30pm (Gina)

**SUNDAY**

Fresh Groove Street class - 4.30-5-30pm

(Rusty) £5/4

**Coming Soon**

Musical Theatre- 5- Adult

Pilates introductory class £5. \*50p towards Cancer Research\*

**All Classes subject to booking**

Babytime– Mums– Newborn +

This class is aimed at new mums to tone up safely and get back in shape with the added bonus of your baby being involved. Class consists of low exercise & relaxation methods for mum & baby

Grans-A-Loud

50 Plus funky low impact exercise workout for groovy Grans. Free Tea/Coffee & biscuit included. 50p of the class fee goes to Cancer Research

Boys Street Class 4-12 years

16+ Male Street Class

Hip Hop, Body Popping & Locking, Krumping, Clowning & Breakdancing styles. No experience necessary

Sals-A-Size

Beginners class non partner Salsa Dancing. No experience required

Baby Gym

Basic Gymnastics. Involving backward & forward rolls, bridges, cartwheels & handstands

Stretch-N– Strengthen

This class is a set routine consisting of Jazz techniques to help improve flexibility, core strength and stamins