

DanceDynamics

ignite your spirit



DANCE | DANCE FIT | FITNESS

APR/MAY TIMETABLE

STARTS APRIL 1st - 2024

Bookings via NEW - 'Dance Dynamics App'

STUDIO - BOX HILL NTH 953A Station St

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9.00am - 9.45am Gentle Movers		9.00 am - 9.45am Gentle Movers	8.30am - 9.15am *Mature Movers	8.30am -9.15am *Dance Tone
9.30am - 10.15am Dance Tone	10.00am - 10.45am Barre Tone	9.30am - 10.15am Strength N Tone	10.00am - 10.45am Barre Tone	9.30am - 10.15am *Mature Movers	9.30am -10.15am *Dance Tone
10.30am - 11.15am Mature Movers	11.00am - 11.45am Latin Rhythms	10.30am - 11.15am Dance Tone	11.00am - 11.45am Dance Tone	10.30am - 11.15am *Mature Movers	10.30am - 11.15am Ballet (inc Barre)
	12.00pm - 12.45pm Mature Movers	11.30am - 12.15pm Stretch			11.30am - 12.15pm Jazz (inc Broadway)
		12.30pm - 1.15pm Mature Movers			12.30pm - 1.15pm Hip Hop
	4.30pm - 5.15pm <small>(April Only)</small> ABBA DANCEFIT Pop Up				
	5.30pm - 6.15pm Dance Tone	4.30pm - 5.15pm Zumba			

					SUNDAY
5.30pm - 6.15pm Gentle Movers	6.30pm - 7.15pm Contemporary	5.30pm - 6.15pm Gentle Movers	5.30pm - 6.15pm Dance Tone	5.30pm - 6.15pm Gentle Movers	
6.30pm - 7.15pm Dance Tone	7.30pm - 8.15pm <small>(April Only)</small> Jazz (inc Broadway)	6.30pm - 7.15pm Strength N Tone	6.30pm - 7.15pm <small>(April Only)</small> Jazz (inc Broadway)	6.30pm - 7.15pm Dance Tone	9.00am - 9.45am Latin Rhythms
7.30pm - 8.15pm Strength N Tone	7.30pm - 8.15pm <small>(May Only)</small> 'TIME WARP' DANCE Pop Up	7.30pm - 8.15pm Dance Tone	6.30pm - 7.15pm <small>(May Only)</small> 'TIME WARP' DANCE Pop Up	7.30pm - 8.15pm <small>(April Only)</small> ABBA DANCEFIT Pop Up	10.00am -10.45am Barre Tone
8.30pm - 9.15pm Dance Tone	8.30pm - 9.15pm Hip Hop	8.30pm - 9.15pm <small>(April Only)</small> ABBA DANCEFIT Pop Up	7.30pm - 8.15pm Hip Hop		11.00am -11.45am Mature Movers

STUDIO RINGWOOD 475 - 477 Maroondah Hwy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.30am - 10.15am *Mature Movers	9.30am -10.15am Gentle Movers	9.30am - 10.15am Mature Movers	9.30am -10.15am Gentle Movers	9.30am -10.15am Gentle Movers	9.30am -10.15am Gentle Movers
10.30am - 11.15am *Mature Movers	10.30am - 11.15am Strength N Tone		10.30am - 11.15am Strength N Tone	10.30am - 11.15am Barre Tone	10.30am -11.15am Dance Tone
11.30am - 12.15pm *Mature Movers	11.30am -12.15pm Dance Tone		11.30am - 12.15pm Mature Movers	11.30am - 12.15pm Latin Rhythms	11.30am - 12.15pm <small>(April Only)</small> ABBA DANCEFIT Pop Up
5.30pm - 6.15pm Dance Tone		5.15pm - 6.00pm Gentle Movers	5.00pm - 5.45pm Zumba		11.30am - 12.15pm <small>(May Only)</small> 'TIME WARP' DANCE Pop Up
					SUNDAY
6.30pm - 7.15pm Contemporary	5.30pm - 6.15pm Gentle Movers	6.15pm - 7.00pm Dance Tone	6.00pm - 6.45pm Barre Tone	5.30pm - 6.15pm Ballet	9.00am - 9.45am Gentle Movers
7.30pm - 8.15pm <small>(April Only)</small> Jazz (inc Broadway)	6.30pm - 7.15pm Strength N Tone	7.15pm - 8.00pm Strength N Tone	7.00pm - 7.45pm Dance Tone	6.30pm - 7.15pm Gentle Movers	10.00am - 10.45am Strength Tone
7.30pm - 8.15pm <small>(May Only)</small> 'TIME WARP' DANCE Pop Up	7.30pm - 8.15pm Latin Rhythms				11.00am - 11.45am Dance Tone
8.30pm - 9.15pm Dance Tone					12.00pm - 12.45pm Stretch

STUDIO - MALVERN - Level 1, 245 Glenferrie Road

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6.00am - 6.45am Dance Tone	9.00am - 9.45am Mature Movers	8.00am - 8.45am Zumba
10.00am -10.45am Latin Rhythms	10.00am - 10.45am *Mature Movers	10.00am -10.45am Barre Tone	9.45am - 10.30am Zumba	10.00am - 10.45am Barre Tone	9.00am -9.45am Barre Tone
11.00am - 11.45am Latin	11.00am - 11.45am *Mature Movers	11.00am - 11.45am Dance Tone	10.45am - 11.30am Mature Movers	11.00am - 11.45am Gentle Movers	10.00am - 10.45am Latin Rhythms
12.00pm - 12.45pm Salsa	12.00pm - 12.45pm *Mature Movers	12.00pm - 12.45pm Mature Movers	11.45am - 12.30pm Dance Tone		11.00am - 11.45am Gentle Movers
6.00pm - 6.45pm Gentle Movers	5.30pm - 6.15pm Barre Tone	5.45pm - 6.30pm Gentle Movers	6.00pm - 6.45pm Gentle Movers		12.00pm - 12.45pm Dance Tone
7.00pm - 7.45pm Salsa	6.30pm - 7.15pm Zumba	6.45pm - 7.30pm Strength N Tone	7.00pm - 7.45pm Dance Tone		1.00pm -1.45pm Strength N Tone
					SUNDAY
8.00pm - 8.45pm Latin Rhythms	7.30pm - 8.15pm (May Only) *TIME WARP* DANCE Pop Up	7.45pm - 8.30pm- Zumba	8.00pm - 8.45pm (April Only) ABBA DANCEFIT Pop Up		9.00am - 9.45am Latin Rhythms
9.00pm - 9.45pm Bachata (Latin)					10.00am - 10.45am Salsa

STUDIO - HAMPTON 1 / 862 Nepean Highway

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8.30am -9.15am Mature Movers	9.30am -10.15am Gentle Movers	9.30am -10.15am Gentle Movers	9.30am -10.15am Dance Tone	9.30am -10.15am Gentle Movers	9.30am -10.15am Latin Rythms
9.30am - 10.15am Barre Tone	10.30am -11.15am Barre Tone	10.30am - 11.15am Latin Rhythms	10.30am -11.15am Barre Tone	10.30am -11.15am Barre Tone	10.30am - 11.15am Barre Tone
10.30am - 11.15am Dance Tone	11.30am - 12.15pm Zumba	11.30am - 12.15pm (April Only) ABBA DANCEFIT Pop Up	11.30am - 12.15pm *Mature Movers	11.30am - 12.15pm Latin Rhythms	11.30am - 12.15pm Dance Tone
	12.30pm - 1.15pm Mature Movers	11.30am - 12.15pm (May Only) *TIME WARP* DANCE Pop Up	12.30pm - 1.15pm *Mature Movers	12.30pm - 1.15pm (April Only) ABBA DANCEFIT Pop Up	12.30pm - 1.15pm (April Only) Jazz (inc Broadway)
			1.30pm - 2.15pm *Mature Movers	12.30pm - 1.15pm (May Only) *TIME WARP* DANCE Pop Up	12.30pm - 1.15pm (May Only) *TIME WARP* DANCE Pop Up
5.30pm - 6.15pm Gentle Movers	5.00pm - 5.45pm Gentle Movers			5.00pm - 5.45pm Gentle Movers	1.30pm -2.15pm Gentle Movers
6.30pm - 7.15pm Contemporary	6.00pm - 6.45pm Barre Tone	6.00pm - 6.45pm Gentle Movers	6.00pm - 6.45pm Strength N Tone	6.00pm - 6.45pm Salsa	2.30pm - 3.15pm (May Only) Dance Tone
7.30pm - 8.15pm (April Only) Jazz (inc Broadway)	7.00pm - 7.45pm Dance Tone	7.00pm - 7.45pm Jazz (inc Broadway)	7.00pm - 7.45pm Zumba	7.00pm - 7.45pm Latin Rhythms	2.30pm - 3.15pm (April Only) ABBA DANCEFIT Pop Up
					SUNDAY
7.30pm - 8.15pm (May Only) *TIME WARP* DANCE Pop Up	8.00pm - 8.45pm (April Only) ABBA DANCEFIT Pop Up	8.00pm - 8.45pm Latin Rhythms			9.00am - 9.45am Strength N Tone
8.30pm - 9.15pm Stretch					10.00am - 10.45am Zumba

* = REPEATED CLASSES Classes with * are the same class repeated, can only be booked once per session

APRIL ONLY ABBA DANCEFIT POP UP

MAY ONLY ROCKY HORROR 'TIME WARP' CHOREOGRAPHED DANCE ROUTINE POP UP

BOOKING POLICIES

BOOKINGS 100% ESSENTIAL

Absolutely no walk-ins. Bookings open 4 sessions in advance. Members need to self manage bookings via the App or website.

NO 'UNPAID' BOOKINGS

You will need to purchase a pass or drop in, or have an existing active membership (subscription) to book sessions. Our booking system does not support making 'unpaid' bookings.

WAITLISTS

If a spot opens you will receive an sms at least 1 hour before class start time. If you are unable to attend you must cancel prior to the class or the class spot is still deducted from your pass or membership subscription. Self cancel via the App. Cancellations are not accepted via sms, phone, email or instudio. Please note you will receive the SMS from our new bookings message number 0483 913 447

CANCELLATION POLICY

If you are unable to attend a booked class please self cancel via the App 2 hours before the start time. Otherwise class spot is still deducted. Cancellations are not accepted via sms, phone email or instudio. If you cancel with 2 hours notice the class credit is returned to your pass or membership subscription within it's terms of use.

LIVE STREAMED book via App

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			11.30pm - 12.15am Mature Movers	9.30am - 10.15am Mature Movers	9.30am - 11.15am Latin Rhythms
5.30pm - 6.15pm Gentle Movers	5.30pm - 6.15pm Dance Tone	10.30am - 11.15am Latin Rhythms	6.30pm - 7.15pm Jazz/POP UP		10.30am - 11.15am Barre Tone
		5.30pm - 6.15pm Gentle Movers	7.30pm - 8.15pm Hip Hop		

ON DEMAND

Over 250 classes via
www.dancedynamicsonline.com

DANCE

Jazz (inc Broadway),
Hip Hop, Contemporary,
Latin, Salsa and Ballet
(inc Barre)

DANCE FIT

Dance Tone, Zumba,
Gentle Movers,
Latin Rhythms and
Mature Movers

FITNESS

Strength N Tone,
Barre Tone,
and Stretch
(Yoga mat required)

WE WARMLY WELCOME NEWBIES

INTRO OFFER - 21 DAYS UNLIMITED CLASSES \$59

Call 1300 326 233, SMS 0488 788 863, or Email hello@dancedynamics.com.au