

DanceDynamics

ignite your spirit



DANCE | DANCE FIT | FITNESS

FEB/MARCH TIMETABLE

STARTS FEB 5th - 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 (Feb Only) 80's DANCEFIT				
	5.30pm - 6.15pm Dance Tone				

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	SUNDAY
6.30pm - 7.15pm Dance Tone	7.30pm - 8.15pm (Feb Only) Jazz (inc Broadway)	6.30pm - 7.15pm Strength N Tone	6.30pm - 7.15pm (Feb Only) 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 (March Only) 'MOULIN ROUGE' Pop Up	7.30pm - 8.15pm Dance Tone	6.30pm - 7.15pm (March Only) 'MOULIN ROUGE' Pop Up	7.30pm - 8.15pm (Feb Only) 80's DANCEFIT	10.00am -10.45am Barre Tone
8.30pm - 9.15pm Dance Tone	8.30pm - 9.15pm Hip Hop	8.30pm - 9.15pm (Feb Only) 80's DANCEFIT	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 Barre Tone	10.30am -11.15am Dance Tone
11.30am - 12.15pm *Mature Movers			11.30am - 12.15pm Mature Movers	11.30am - 12.15pm Latin Rhythms	11.30am - 12.15pm (Feb Only) 80's DANCEFIT
5.30pm - 6.15pm Dance Tone	5.30pm - 6.15pm Gentle Movers	5.15pm - 6.00pm Gentle Movers	5.00pm - 5.45pm Zumba		11.30am - 12.15pm (March Only) 'MOULIN ROUGE' Pop Up
					SUNDAY
6.30pm - 7.15pm Contemporary	6.30pm - 7.15pm Strength N Tone	6.15pm - 7.00pm Dance Tone	6.00pm - 6.45pm Barre Tone		9.00am - 9.45am Gentle Movers
7.30pm - 8.15pm (Feb Only) Jazz (inc Broadway)	7.30pm - 8.15pm (Feb Only) Latin Rhythms	7.15pm - 8.00pm Strength N Tone	7.00pm - 7.45pm Dance Tone		10.00am - 10.45am Strength Tone
7.30pm - 8.15pm (March Only) 'MOULIN ROUGE' Pop Up	7.30pm - 8.15pm (March Only) 'MOULIN ROUGE' Pop Up				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 (Hit The Floor Studio)
			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		
6.00pm - 6.45pm Gentle Movers					11.00am - 11.45am Gentle Movers
7.00pm - 7.45pm Jazz (inc Broadway)	5.30pm - 6.15pm Barre Tone	5.45pm - 6.30pm Dance Tone	6.00pm - 6.45pm Gentle Movers		12.00pm - 12.45pm Dance Tone
8.00pm - 8.45pm Hip Hop	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
		7.45pm - 8.30pm- Zumba	8.00pm - 8.45pm (Feb Only) 80's DANCEFIT		

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 (Feb Only) 80's DANCEFIT	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 (March Only) 'MOULIN ROUGE' Pop Up	12.30pm - 1.15pm *Mature Movers	12.30pm - 1.15pm (Feb Only) 80's DANCEFIT	12.30pm - 1.15pm (Feb Only) Jazz (inc Broadway)
			1.30pm - 2.15pm *Mature Movers	12.30pm - 1.15pm (March Only) 'MOULIN ROUGE' Pop Up	12.30pm - 1.15pm (March Only) 'MOULIN ROUGE' Pop Up
5.30pm - 6.15pm 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		2.30pm - 3.15pm (March Only) Dance Tone
7.30pm - 8.15pm (Feb Only) Jazz (inc Broadway)	7.00pm - 7.45pm Dance Tone	7.00pm - 7.45pm Jazz (inc Broadway)	7.00pm - 7.45pm Zumba		2.30pm - 3.15pm (Feb Only) 80's DANCEFIT
7.30pm - 8.15pm (March Only) 'MOULIN ROUGE' Pop Up	8.00pm - 8.45pm (Feb Only) 80's DANCEFIT	8.00pm - 8.45pm Latin Rhythms			SUNDAY
					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

FEB ONLY 80's DANCEFIT

MARCH ONLY MOULIN ROUGE

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 new 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