

DanceDynamics

ignite your spirit



DANCE | DANCE FIT | FITNESS

JUNE/JULY TIMETABLE

STARTS JUNE 1st - 2023

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 Jazz (inc Broadway)	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)
11.30am - 12.15pm Hip Hop	12.00pm - 12.45pm (From May) Mature Movers	11.30am - 12.15pm Stretch	12.00pm - 1.15pm (June Only) 90's DANCE PARTY Pop Up	11.30am - 12.15pm (June Only) 90's DANCE PARTY Pop Up	11.30am - 12.15pm Jazz (inc Broadway)
12.30pm - 1.15pm Mature Movers		12.30pm - 1.15pm Mature Movers	12.00pm - 1.15pm (July Only) ABBA Pop Up	11.30am - 12.15pm (July Only) ABBA Pop Up	12.30pm - 1.15pm Hip Hop
	4.30pm - 5.15pm (June Only) 90's DANCE PARTY Pop Up		1.00pm - 1.45pm Gentle Movers		1.30pm - 2.15pm Gentle Movers
	4.30pm - 5.15pm (July Only) ABBA Pop Up	5.30pm - 6.15pm Gentle Movers	2.00pm - 2.45pm Mature Movers		
5.30pm - 6.15pm Gentle Movers	5.30pm - 6.15pm *Dance Tone	6.30pm - 7.15pm Strength N Tone	5.30pm - 6.15pm Dance Tone	5.30pm - 6.15pm Gentle Movers	SUNDAY
6.30pm - 7.15pm *Dance Tone	6.30pm - 7.15pm Jazz (inc Broadway)	7.30pm - 8.15pm Dance Tone	6.30pm - 7.15pm 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 Hip Hop	8.30pm - 9.15pm (June Only) 90's DANCE PARTY Pop Up	7.30pm - 8.15pm Hip Hop		10.00am -10.45am Barre Tone
8.30pm - 9.15pm (July Only) Dance Tone	8.30pm - 9.15pm *Dance Tone	8.30pm - 9.15pm (July Only) ABBA Pop Up			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	6.00am - 6.45am Dance Tone	9.30am -10.15am Latin	8.30am - 9.15am Mature Movers	9.30am -10.15am Gentle Movers
10.30am - 11.15am *Mature Movers		9.30am - 10.15am Mature Movers	10.30am - 11.15am Mature Movers	9.30am -10.15am Gentle Movers	10.30am -11.15am Dance Tone
11.30am - 12.15pm *Mature Movers				10.30am - 11.15am Barre Tone	11.30am - 12.15pm (June Only) 90's DANCE PARTY Pop Up
5.30pm - 6.15pm Dance Tone	5.30pm - 6.15pm Gentle Movers			11.30am - 12.15pm Latin Rhythms	11.30am - 12.15pm (July Only) ABBA Pop Up
6.30pm - 7.15pm Contemporary	6.30pm - 7.15pm Strength N Tone	5.15pm - 6.00pm Gentle Movers			SUNDAY
7.30pm - 8.15pm Jazz (inc Broadway)	7.30pm - 8.15pm (June Only) 90's DANCE PARTY Pop Up	6.15pm -7.00pm Strength N Tone	6.30pm - 7.15pm Dance Tone		9.30am -10.15am Strength N Tone
8.30pm - 9.15pm (June Only) 90's DANCE PARTY Pop Up	7.30pm - 8.15pm (July Only) ABBA Pop Up	7.15pm - 8.00pm Dance Tone	7.30pm - 8.15pm Barre Tone		10.30am -11.15am Dance Tone
8.30pm - 9.15pm (July Only) ABBA Pop Up					11.30am - 12.15pm Gentle Movers

STUDIO - MALVERN - inside 'Hit the Floor' 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	
10.00am -10.45am Latin Rhythms	10.00am - 10.45am *Mature Movers	10.00am -10.45am Barre Tone	10.45am - 11.30am Mature Movers	10.00am - 10.45am Barre Tone	10.15am - 11.00am Gentle Movers
11.00am - 11.45am Latin	11.00am - 11.45am *Mature Movers	11.00am - 11.45am Dance Tone	11.45am - 12.30pm Dance Tone	11.00am - 11.45am Gentle Movers	11.15am -12.00pm Strength N Tone
12.00pm - 12.45pm Salsa	12.00pm - 12.45pm *Mature Movers	12.00pm - 12.45pm Mature Movers			12.15pm - 1.00pm Dance Tone
6.00pm - 6.45pm Gentle Movers		WEDNESDAY (Theatre Blacks Studio)			SATURDAY (Theatre Blacks Studio)
		REAR, 430 Waverley Rd Malvern East			REAR, 430 Waverley Rd Malvern East
7.00pm - 7.45pm Jazz (inc Broadway)	5.30pm - 6.15pm Barre Tone	5.45pm - 6.30pm Gentle Movers	6.00pm - 6.45pm Gentle Movers		11.00am - 11.45am Zumba
8.00pm - 8.45pm Hip Hop	6.30pm - 7.15pm Zumba	6.45pm - 7.30pm Barre Tone	7.00pm - 7.45pm (June Only) 90's DANCE PARTY Pop Up		12.00pm -12.45pm Barre Tone
		7.45pm - 8.30pm- Zumba	7.00pm - 7.45pm (July Only) ABBA Pop Up		1.00pm - 1.45pm Latin Rhythms

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 (June Only) 90's DANCE PARTY 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 (July Only) ABBA Pop Up	12.30pm - 1.15pm *Mature Movers	12.30pm - 1.15pm (June Only) 90's DANCE PARTY Pop Up	12.30pm - 1.15pm Jazz (inc Broadway)
5.30pm - 6.15pm Gentle Movers	5.00pm - 5.45pm Gentle Movers		1.30pm - 2.15pm *Mature Movers	12.30pm - 1.15pm (July Only) ABBA Pop Up	
6.30pm - 7.15pm Contemporary	6.00pm - 6.45pm Barre Tone	6.00pm - 6.45pm Gentle Movers	6.00pm - 6.45pm Strength N Tone		SUNDAY
7.30pm - 8.15pm Jazz (inc Broadway)	7.00pm - 7.45pm Dance Tone	7.00pm - 7.45pm Jazz (inc Broadway)	7.00pm - 7.45pm Zumba		9.00am - 9.45am Strength N Tone
8.30pm - 9.15pm Stretch	8.00pm - 8.45pm (June Only) 90's DANCE PARTY Pop Up	8.00pm - 8.45pm Latin Rhythms			10.00am - 10.45am Zumba
	8.00pm - 8.45pm (July Only) ABBA Pop Up				

*** = REPEATED CLASSES** Classes with * are the same class repeated, can only be booked once per session
JUNE ONLY 90'S DANCE PARTY POP UP - For the Month only special follow along 90's dance fitness playlist.
JULY ONLY ABBA DANCEFIT POP UP- For the Month only special follow along ABBA dance fitness playlist.

COVID SAFE

BOOKINGS 100% ESSENTIAL

Absolutely no walk-ins. **Bookings NOW open 30 days in advance.** If you waitlist you'll need confirmation that you are in before attending the studio. (You'll receive sms confirming provided you have activated this service in the past by sms START to 0480 092 893).

* = REPEATED CLASSES

Classes with * are the same class repeated and may only be booked once per session (block of classes)

CLASS CAPS & SOCIAL DISTANCING

All classes and locations have class caps of 14-24 plus the instructor in place to ensure generous social distancing. Once you arrive at the studio we ask you to sanitise your hands.

CONTACTLESS FACILITY

We will invite you onto the dancefloor 5 minutes before the class begins and do a roll call to avoid the need for use of the IPAD. Late arrivals will not get access to the class - we hope you understand.

CANCELLATION POLICY

If you are unable to attend a booked class please cancel 2 hours before the start time. This gives people on the waitlist enough time to arrange to attend. Otherwise the class will be charged. Applicable to face to face studio classes only. (No-shows to interactive classes are not charged)

INTERACTIVE (LIVE ONLINE) book via Hampton

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	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