

Segunda / Monday	Terça / Tuesday	Quarta / Wednesday	Quinta / Thursday	Sexta / Friday	Sábado / Saturday
9:15- 10:00 EXERCÍCIOS DE BOLA €8 per class ONGOING UNTIL END OF JULY FIRST CLASS: SEPT JOÃO	9:30- 10:40 TOTAL BODY CONDITIONING 10 voucher: €45 / 5 voucher: €30 ONGOING €8 per class JANET	10:00- 11:00 SAPATEADO ADULTOS ADULT TAP LAST CLASS: 26 MAY FIRST CLASS: 23 SEPT THERESA	9:15- 10:00 EXERCÍCIOS DE BOLA €8 per class ONGOING UNTIL END OF JULY JOÃO	9:30- 10:40 TOTAL BODY CONDITIONING 10 voucher: €45 / 5 voucher: €30 ONGOING €8 per class JANET	10:00- 10:45 JAZZ 0 Idade 4-5 (com experiência) LAST CLASS: 26 JUNE FIRST CLASS: 18 SEPT €8 por aula / SHARON
10:00- 11:30 DANCERSIZE 10 voucher: €45 / 5 voucher: €30 ONGOING UNTIL END OF JUNE FIRST CLASS: SEPT ELLEN	11:00- 12:30 TAI- CHI (CHUÁN) LAST CLASS: 25 MAY FIRST CLASS: SEPT SUE	9:45 - 10:45 PILATES ONGOING €12 per class DÉBRA	10:00- 11:00 TOTAL TONING 10 voucher: €45 / 5 voucher: €30 LAST CLASS: 8 JULY FIRST CLASS: SEPT JULIE	11:00- 12:00 ZUMBA 10 voucher: €45 / 5 voucher: €30 ONGOING €8 per class NANCY	10:45- 11:30 JAZZ 1 Idade 6-7 (com experiência) LAST CLASS: 26 JUNE FIRST CLASS: 18 SEPT €8 por aula / SHARON
12:00- 13:00 TOTAL TONING 10 voucher: €45 / 5 voucher: €30 FIRST CLASS: SEPT €8 per class JULIE	17:00- 17:45 KIDS BALLET 2 Intermédio / intermediate LAST CLASS: 22 JUNE FIRST CLASS: 14 SEPT SHARON	11:00 - 12:00 WATER PILATES ONGOING €12 per class DÉBRA	11:00- 12:00 YOGA €10 per class ONGOING GABRIELE		11:30- 12:00 JAZZ MINIS Under 4 year olds LAST CLASS: 26 JUNE FIRST CLASS: 18 SEPT SHARON
17:15- 18:00 KIDS FUNK / HIP HOP 1 Iniciados / Beginners LAST CLASS: 31 MAY FIRST CLASS: 20 SEPT CANDICE	18:00- 18:45 KIDS BALLET 3 Avançados / Advanced LAST CLASS: 22 JUNE FIRST CLASS: 14 SEPT SHARON	17:30- 18:30 ZUMBA 10 voucher: €45 / 5 voucher: €30 ONGOING €8 per class NANCY	16:30- 17:15 KIDS BALLET 1 + KIDS TAP 1 Iniciados / Beginners LAST CLASS: 24 JUNE FIRST CLASS: 16 SEPT SHARON		12:00 - 13:00 JAZZ 2 Idade 8-13 (com experiência) LAST CLASS: 26 JUNE FIRST CLASS: 18 SEPT €8 por aula / KARINA
18:00- 19:00 KIDS FUNK / HIP HOP 2 Intermédio / intermediate LAST CLASS: 31 MAY FIRST CLASS: 20 SEPT CANDICE		17:30 - 18:30 WATER PILATES ONGOING €12 per class DÉBRA	18:30- 19:30 YOGA €10 per class ONGOING GABRIELE		13:00 - 14:00 JAZZ 3 Adolescentes avançados & adultos LAST CLASS: 26 JUNE FIRST CLASS: 18 SEPT €8 por aula / KARINA
19:00- 20:00 KIDS FUNK / HIP HOP 3 Avançados / Advanced LAST CLASS: 31 MAY FIRST CLASS: 20 SEPT CANDICE		18:30- 19:30 TOTAL TONING 10 voucher: €45 / 5 voucher: €30 ONGOING (not on 28/7) €8 per class JULIE			14:00 - 14:45 SAPATEADO 2/avançados KIDS TAP 2 / advanced LAST CLASS: 26 JUNE FIRST CLASS: 18 SEPT THERESA



**SUMMER
DANCE & AEROBICS
PROGRAMME 2010**

Informações
Tel: 282 357 847
www.tenniscarvoeiro.com

11:00- 11:45 JAZZ Idade / Age 4-10 ONGOING €5 per class KARINA
11:45- 13:00 JAZZ TEENS & ADULTS ONGOING €5 per class KARINA

