

# PROGRAM 2022/2023

Professional artistic school "Fly-in-Dance"



## Monday

### For Children

16.00 - 17.00 Theatre / Dance 3 Level  
17.00 - 18.00 Yoga for children

### For Adults

09.00 - 10.30 Folk Dance (LCA Group)

18.00 - 18.50 Individual Training  
19.00 - 20.20 Yoga - All Levels

## Tuesday

### For Children

15.00 - 16.00 Individual Training  
16.00 - 17.15 Ballet 4 Level / Stretching  
17.30 - 18.30 Ballet 1 level / Stretching  
17.30 - 18.45 Ballet / Dance 7 level

### For Adults

08.30 - 9.30 Yoga/ Pilates  
10.00 - 11.30 Ballet - All Levels

18.00 - 19.00 Individual Training  
19.00 - 20.20 Ballet - All Levels

## Wednesday

### For Children

16.00 - 17.00 Acrobatics/ Stretching  
16.00 - 17.00 Dance 3 Level  
17.00 - 18.00 Dance/ Theatre 7 Level  
17.30 - 18.15 Ballet Pre-Beginner's

### For Adults

19.00 - 20.20 Strip Plastic/ Stretching

## Thursday

### For Children

16.00 - 17.15 Ballet / Dance 4 Level  
17.30 - 18.45 Ballet / Stretching 7 Level  
17.30 - 18.30 Ballet / Dance 1 Level

### For Adults

10.00 - 11.30 Folk Dance (LCA Group)  
19.00 - 20.20 Ballet – All Levels  
19.00 - 20.20 Yoga – All Levels

## Friday

### For Children

16.00 - 17.15 Gymnastics & Acrobatics  
17.15 - 18.00 Latin Ball/ Street Dance  
18.00 - 19.30 Individual Training

### For Adults

08.30 - 09.30 Fitness & Pilates  
10.00 - 11.30 Ballet for Adults

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[www.FLY-IN-DANCE.com](http://www.FLY-IN-DANCE.com)

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