

PROGRAM 2023/2024

Professional artistic school "Fly-in-Dance"



Monday

For Children

16.30 - 18.00 Latin / Ball Dance
17.00 - 18.00 Ballet 5 Level / Stretching
17.30 - 18.30 Ballet 1 Level / Stretching

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 - 17.20 Ballet 4 Level / Stretching
17.30 - 18.30 Ballet 2 Level / Stretching
17.30 - 18.45 Ballet 7 Level / Dance

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
17.00 - 18.15 Dance / Theatre Group
17.30 - 18.20 Ballet Pre-Beginner's
17.30 - 18.30 Dance 1 Level

For Adults

19.00 - 20.00 Latin Fitness
(Floor exercises)
19.00 - 20.20 Strip Plastic/ Stretching

Thursday

For Children

16.00 - 17.20 Ballet / Dance 4 Level
17.30 - 18.45 Ballet / Stretching 8 Level
17.30 - 18.30 Ballet / Dance 2 Level

For Adults

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

Friday

For Children

16.00 - 17.00 Gymnastics & Acrobatics
17.05 - 18.00 Theatre
17.15 - 18.30 Street Dance. Hip-Hop
18.00 - 19.30 Individual Training

For Adults

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

Archangel Michael, 37a Strovolos, Nicosia, 2057, FLOOR-3

www.FLY-IN-DANCE.com

+357 99-896490 | 22-260136