

# PROGRAM 2024/2025

Professional artistic school "Fly-in-Dance"



## Monday

<u>For Children</u>		<u>For Adults</u>	
17.00 - 18.15	Hip-Hop/ Street dance	17.00 - 20.30	Individual Training
		19.00 - 20.05	Pilates/Stretching

## Tuesday

<u>For Children</u>		<u>For Adults</u>	
		08.30 - 09.30	Pilates/Stretching
		10.00 - 11.00	Contemp/Stretching
		11.00 - 12.00	Folk Dance group
15.00 - 16.00	Individual Training		
16.00 - 17.00	Ballet/Dance 3 Level	17.30 - 19.00	Individual Training
17.05 - 18.20	Ballet/ Dance 5 level	19.00 - 20.15	Ballet for Adults

## Wednesday

<u>For Children</u>		<u>For Adults</u>	
		10.30 - 12.00	High Heels for Ladies
16.00 - 17.00	Acrobatics/ gymnastic		
17.00 - 18.00	Contemp/stretching	19.00 - 20.15	Dance Strip Plastic
17.30 - 18.30	Ballet & Dance 1 Level	19.00 - 20.00	Dance Latin Aero

## Thursday

<u>For Children</u>		<u>For Adults</u>	
		17.30 - 19.00	Individual Training
16.00 - 17.00	Ballet & Dance 3 Level	19.00 - 20.00	Pilates/ Stretching
17.05 - 18.20	Ballet & Dance 5 Level	19.00 - 20.15	Ballet - Intermediate

## Friday

<u>For Children</u>		<u>For Adults</u>	
		08.30 - 09.30	Pilates/ Fitball
		10.00 - 11.00	Ballet/Contemporary
		11.00 - 12.00	Folk Dance group
16.00 - 17.00	Acrobatics beginners		
17.00 - 18.15	Theatre	17.30 - 20.00	Individual Training

## Saturday

<u>For Children</u>		<u>For Adults</u>	
12.00 - 16.00	Individual Training	18.00 - 19.30	Dance Strip Plastic

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

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