



STUDIO ONE TIME TABLE

MORNING AND AFTERNOON CLASSES

	CLASS	INSTRUCTOR	TIME
MONDAY			06-07:30 (AM)
MONDAY	ZUMBA	GERRY	07:30-09:00 (AM)
MONDAY	KOONA	FELIX	10:30-11:30 (AM)
TUESDAY			06-07:30 (AM)
TUESDAY	KOONA	FELIX	10:30-11:30 (AM)
TUESDAY			
WEDNESDAY			06-07:30 (AM)
WEDNESDAY	ZUMBA	GERRY	07:30-09:00 (AM)
WEDNESDAY	KOONA	FELIX	10:30-11:30 (AM)
THURSDAY			06-07:30 (AM)
THURSDAY	LINE DANCING	SHAMIM	02:30-03:30 (PM)
THURSDAY			
FRIDAY			06-07:30 (AM)
FRIDAY	ZUMBA	GERRY	07:30-09:00 (AM)
FRIDAY	KOONA	FELIX	10:30-11:30 (AM)
FRIDAY	BALLET	DAVID	11-45-01:00 (AM-PM)
FRIDAY	BALLET	DAVID	02:00-00-04:00 (PM)
SATURDAY			08:-30-10:00 (AM)
SATURDAY	AFROFUSION	IDU	10:15-12:00 (AM-PM)
SATURDAY	BALLET	DAVID	12:00-01:00 (AM-PM)
SUNDAY	BALLET	DAVID	08:00-10:00 (AM)
SUNDAY			

Time Table Effective **27-01-2024**. Follow our social media pages and website to stay updated

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MORNING AND AFTERNOON CLASS

	CLASS	INSTRUCTOR	TIME
MONDAY	SPIN	NEWTON	06:30-07:30 (PM)
MONDAY	BALLET	DAVID	10:00-12:00 (AM-PM)
MONDAY			
TUESDAY	SPIN	RAMA	06:30-07:30 (PM)
TUESDAY			
TUESDAY			
WEDNESDAY			06:30-07:30 (PM)
WEDNESDAY			
WEDNESDAY			
THURSDAY			06:30-07:30 (PM)
THURSDAY			
THURSDAY			
FRIDAY	SPIN	RAMA	06:30-07:30 (PM)
FRIDAY			
FRIDAY			
SATURDAY	BALLET	DAVID	08:00-10:00 (PM)
SATURDAY	BALLET	DAVID	11:45-01:00 (PM)
SATURDAY			01:30-04:00 (PM)
SUNDAY	HIP HOP	KENNITH	11:30-01:00 (PM)
SUNDAY			

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STUDIO ONE TIME TABLE

EVENING CLASSES

	CLASS	INSTRUCTOR	TIME
MONDAY	AEROBICS	PETER	06:00-07:00 (PM)
MONDAY			
TUESDAY	ZUMBA	GERRY	06:00-07:30 (PM)
TUESDAY			
WEDNESDAY	AEROBICS	PETER	06:00-07:00 (PM)
WEDNESDAY			
THURSDAY	ZUMBA	GERRY	06:00-07:00 (PM)
THURSDAY			
FRIDAY	AEROBICS	PETER	06:00-07:00 (PM)
FRIDAY			
SATURDAY	AFROFUSION	NANDAL	04:30-06:00 (PM)
SATURDAY	AFROFUSION	IDU	06:00-08:00 (PM)
SATURDAY			
SUNDAY	AFROFUSION	NANDAL	04:30-06:00 (PM)
SUNDAY			

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EVENING CLASSES

	CLASS	INSTRUCTOR	TIME
MONDAY	SPIN	RAMA	07:00-08:00 (PM)
MONDAY	KYUUSA DANCE	FIT PHILO	05:30-06:45 (PM)
TUESDAY	SPIN	RAMA	06:00-07:00 (PM)
TUESDAY			
WEDNESDAY	BODY TONNING	IBRA	06:30-07:30 (PM)
WEDNESDAY	AFRO FUSION	NANDALA	04:30-06:30 (PM)
THURSDAY	KYUUSA DANCE	FIT PHILO	06:30-07:30 (PM)
THURSDAY			
FRIDAY	CHOP DAILY	ALPHA	06:30-7:30 (PM)
FRIDAY			
SATURDAY	HIP HOP	KENNITH	04:30-06:00 (PM)
SATURDAY	AFRO DANCE	NITAS	06:15-08:00 (PM)
SATURDAY			
SUNDAY			
SUNDAY			

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