

# THEATRE & DRAMA COURSES



**KID'S THEATRE WORKS**  
**CONTACT PERSON: EMILY**  
**MOBILE: 050-158 5653/ DUCTAC 04-3414777 ext.234**  
**BEGINNING:**

**EMAIL: [hello@kidstheatreworks.com](mailto:hello@kidstheatreworks.com)**  
**Website: [www.kidstheatreworks.com](http://www.kidstheatreworks.com)**

CLASS	DAY	TIME	AGE GROUP	ROOM
Dramatics 1	Sunday	4:00 pm - 4:45 pm	3-4 yrs	Balcony Lounge
Mini Show Stoppers	Sunday	3:45 pm - 4:45 pm	6-10 yrs	Voltas
Mini Show Stoppers	Sunday	5:00 pm - 6:00 pm	6-10 yrs	Voltas
Show Stoppers L2 by audition only	Sunday	6:00 pm - 8:00 pm	11 yrs +	Voltas
Mini Scene Works 1	Sunday	4:45 pm - 6:00 pm	6-10 yrs	Balcony Lounge
Scene Works 1	Sunday	6:00 pm - 8:00 pm	11- 14 yrs	Balcony Lounge
Mini Show Stoppers L2	Tuesday	3:45 pm - 4:45 pm	6- 10 yrs	Voltas
Dramatics 3	Tuesday	4:45 pm - 6:00 pm	7- 11 yrs	Voltas
Mini Scene Works 2 by audition only	Tuesday	5:00 pm - 6:30 pm	6-10 yrs	Enoc
Youth Theatre Works	Tuesday	6:30 pm - 8:30 pm	15 yrs +	Balcony Lounge
Dramatics 1	Wednesday	3:30 pm - 4:15 pm	3-4 yrs	Voltas
Dramatics 2	Wednesday	4:15 pm - 5:00 pm	3-4 yrs	Voltas
Show Stoppers L1	Wednesday	5:00 pm - 7:00 pm	11 yrs +	Voltas
Dramatics 1	Saturday	9:30 am - 10:15 pm	3-4 yrs	Balcony Lounge
Dramatics 2	Saturday	10:15 am - 11:00 am	5-6 yrs	Balcony Lounge
Dramatics 3	Saturday	11:00 am - 12:30 pm	7- 11 yrs	Balcony Lounge
Mini Show Stoppers	Saturday	9:30 am - 10:30 am	6- 10 yrs	Voltas
Show Stoppers L 1	Saturday	10:30 am - 12:30 pm	11 yrs +	Voltas
<b><u>COURSE DESCRIPTION</u></b>				
<b>Creative Drama Program</b>	An engaging way for kids to develop confidence, communication skills and creative expression. Using a variety of drama games, improvisation and story building techniques. Kids share their imaginations to create memorable characters and wonderful stories. A perfect introduction to Drama which instills the fundamentals of theatre as well as life skills. No previous experience necessary .			
<b>Show Stoppers - Musical Theatre Program</b>	Kids learn essential acting, signing and dancing skills that develop their performing prowess using material from popular Broadway and West End musicals, as well as collaborate to create their own scenes to be shown together at one of our 2 biannual shows on stage. No previous experience is required unless noted but commitment is a must.			
<b>Scene Works</b>	Our Scene Works acting program is run by two Professional Acting coaches and is dedicated to providing the best acting classes in Dubai and to putting all of our students on stage twice a year. All levels of experience are welcome unless noted, but commitment is mandatory!			
<b>Youth Theatre Works</b>	Nobody else does Youth Theatre like Kids' Theatre Works do. This project provides a space for older teens to come together to create challenge, explore, collaborate and be counted through the medium of theatre. Students are given the opportunity to discover the creative process in which to express themselves as an ensemble, developing powerful, relevant pieces to be staged once a year in March. Everyone over 15 is welcome to the very best of theatrical training in an environment that values their opinion and contribution. We work with all manner of plays; classics, international or hybrid works, while we also encourage our students to devise their own pieces based on their personal lives and experiences.			



CLASS	DAY	TIME	AGE GROUP	ROOM
ACTING LAMDA Scene 1	Sunday	3:30 pm - 4:15 pm	4-5 yrs	Enoc
ACTING LAMDA Scene 3	Sunday	4:30 pm - 5:30 pm	8-9 yrs	Enoc
ACTING LAMDA Scene 5 Intermediate	Sunday	5:30 pm - 7:00 pm	13-14 yrs	Enoc
ACTING LAMDA Scene 2	Monday	3:30 pm - 4:15 pm	6-7 yrs	Enoc
ACTING LAMDA Scene 2	Monday	4:15 pm - 5:00 pm	6-7 yrs	Enoc
ACTING LAMDA Scene 2	Monday	4:30 pm - 5:30 pm	10 - 12 yrs	Enoc
ACTING LAMDA Scene3	Monday	4:30 pm - 5:30 pm	8-9 yrs	Balcony Lounge
Drama Scene Junior	Tuesday	2:30 pm - 3:15 pm	3 yrs	Enoc
ACTING LAMDA Scene 1	Tuesday	3:30 pm - 4:15 pm	4 - 5 yrs	Enoc
ACTING LAMDA Scene 3	Tuesday	4:30 pm - 5:30 pm	8 - 9 yrs	Balcony Lounge
ACTING LAMDA Scene 5	Tuesday	5:30 pm - 6:30 pm	13 - 14 yrs	Balcony Lounge
ACTING LAMDA Scene 2	Wednesday	3:30 pm - 4:15 pm	6-7 yrs	Enoc
ACTING LAMDA Scene 4	Wednesday	4:30 pm - 5:30 pm	10-12 yrs	Enoc
ACTING LAMDA Scene 6 (Advance)	Wednesday	5:30 pm - 7:00 pm	15 - 16 yrs	Enoc
DS Devised Performance Group	Wednesday	6:30 pm - 8:00 pm		Balcony Lounge
ACTING LAMDA Scene 1	Saturday	12:45 pm - 1:30 pm	4 - 5 yrs	Enoc
ACTING LAMDA Scene 2	Saturday	1:45 pm - 2:30 pm	6-7 yrs	Enoc

**COURSE DESCRIPTION**

Drama Scene Junior (3 yrs)	45 min classes once a week in a safe and nurturing environment. Introduce our drama youngsters to the magical world of drama and role play. Classes focus on interactive fun activities aimed at developing communication, cooperation skills whilst building confidence and enhancing our youngsters' imaginations. <b>Activities include: Dress Up, Role Play, Story Telling, Playing With Props, Creative Movement, Nursery Rhymes etc.</b>
Scene 1 (4- 5 yrs) with LAMDA Accreditation	Class focus in fun interactive activities built around the drama skill set. Activities build children's confidence, improve communication and concentration and encourages them to use their imaginations. <b>Activities include:</b> Role Play, Story Telling, Creating Characters, Imaginative Journeys,, Poetry, Exploration through Props, Speech etc. Optional LAMDA Groups Introductory examinations with accredited certification are offered to students 5 years plus.
Scene 2 (6-7 yrs) with LAMDA Accreditation	Classes focus on interactive activities built around the drama skill set. Activities build children's confidence, improve communication and concentration and encourages them to use their imaginations. <b>Activities include:</b> Role Play, Creating Characters, Imaginative Journeys, Poetry, Exploration through Props, Speech etc. Optional LAMDA Preliminary and Preparatory examinations with accredited certification are offered to students.
Scene 3 (8-9 yrs) with LAMDA Accreditation	We provide our students a spotlight where they can shine as they delve further into the drama skill. We provide them with the necessary technique to grow as performer. <b>Skill Set includes:</b> Acting Technique, Verse & Prose, Staging, Improvisation, Vocal Works, Character Development, Theatre Terminology, Creative Movement etc. Optional LAMDA Verse & Prose examinations with accredited certification are offered to students.
Scene 4 (10 - 12 yrs) with LAMDA accreditation	We provide our students a spotlight where they can shine as they delve further into the drama skill. We provide them with the necessary technique to grow as a performer. <b>Skill Set includes:</b> Acting Technique, Verse & Prose, Staging, Improvisation, Vocal Works, Character Development, Theatre Terminology, Creative Movement, Scene Work, Monologues etc. Students are encouraged to work towards optional LAMDA Verse & Prose and Solo Acting examinations with accredited certification.
Scene 5 (13 - 14 yrs) <b>Introductory &amp; Intermediate</b> with LAMDA accreditation	Classes provide our young performers a stage where they can explore and communicate creative ideas, thoughts and feelings in a diversity of dramatic languages. Our Young performers are introduced to numerous acting techniques in order to create believable performances. <b>Skill Set includes:</b> Acting Techniques, Verse & Prose, Staging, Improvisation, Vocal Works, Character Development, Theatre Terminology, Creative Movement, Theatre Practitioners such as Stanislavski, Shakespeare, Monologues, Scene Work, etc. Students are encouraged to work towards optional LAMDA Solo Acting examinations with accredited certification.
Scene 6 (15- 16 yrs) <b>Advanced</b> with LAMDA accreditation	Classes provide our young performers a stage where they can explore and communicate creative ideas, thoughts and feelings in a diversity of dramatic languages. Our young performers are introduced to numerous acting techniques in order to create believable performances. <b>Skill Set includes:</b> Acting Techniques, Verse & Prose, Staging, Improvisation, Vocal Works, Character Development, Theatre Practitioners (Stanislavski, Brecht) Shakespeare, Monologues, Scene Work. Students work towards optional LAMDA Solo Acting Bronze, Silver & Gold examinations with accredited certification.
Devised Performance Group (14- 18 yrs) with LAMDA accreditation	Our youth theatre provides teens with a creative platform where they can come together and share creative thoughts and ideas as they create their own dramatic text and performance pieces. Optional LAMDA Devised Performance examinations with accredited certification offered.
Musical Theatre (10-14 yrs) with LAMDA accreditation	Students learn the trio skill set of Acting, Singing and Dancing and explore a diversity of musical genres. Students learn the importance of acting through song. Students are encouraged to work towards optional LAMDA Musical Theatre examinations with accredited certification.



**DRAMA DUBAI**  
**CONTACT PERSON: TIFANNY**  
**MOBILE: 050-986 1761**  
**BEGINNING: 15-Mar-12**

**EMAIL: tiffany@dramaworkshopsdubai.com**  
**Website: www.dramaworkshopsdubai.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Adult Drama Workshops	The course will give students the opportunity to re-enact monologues and ensemble pieces of theatre from classic plays. Students will explore: Imagination and Incorporating of Images, Character and Characterization and Improvisation.	Thursday	7:30 pm - 9:30 pm	Adults	Chalhoub Room
		Saturday	3:00pm-5:00pm		



**DUBOMEDY CLASS**  
**CONTACT PERSON: MINA**  
**MOBILE: 050-927 3621**  
**BEGINNING:**

**EMAIL: mina\_liccione@yahoo.com**  
**Website: www.dubomeddy.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Comedy 101: Beginning Stand Up and Improvisation	Our signature open level Comedy Class for Adults was just chosen for "Dubai's Best Classes" list by Timeout Dubai Magazine! This course will teach you the basics of Improvisation, Physical Comedy, Delivery, Timing, Stand Up Comedy writing and performance. Each student will also get a private coaching session as well as a chance to perform in an energy packed end of session show at Dubai Community Theatre.	Saturday	1:30 pm - 3:00 pm	Adults	Chalhoub Room

## DANCE COURSES



**DANCE FANTASY**  
**CONTACT PERSON: MELANIE/SUE**  
**MOBILE: 050-587 8146/ 5158613**  
**BEGINNING:**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Babies Plus	Royal Academy of dancing trained ballet teachers working on technique and creative open classes with emphasis on fun and enjoyment . No exams, but recitals and shows are offered.	Tuesday	4:00 pm - 4:30 pm	4-5 yrs	Chalhoub
Juniors		Tuesday	4:30 pm - 5:15 pm	8 yrs +	Chalhoub
Babies		Wednesday	3:15 pm - 3:45 pm	3-4 ys	Chalhoub
Pre -Prep		Wednesday	3:45 pm - 4:30 pm	5 - 6 1/2 yrs	Chalhoub
Babies		Thursday	3:30 pm - 4:00 pm	3 - 4 yrs	Voltas
Pre-Prep		Thursday	4:00 pm - 4:45 pm	5-6 1/2 yrs	Voltas
Preps		Thursday	4:45 pm - 5:30 pm	6 1/2 - 8 yrs	Voltas
Babies		Saturday	3:15 pm - 3:45 pm	3 - 4 yrs	Voltas
Babies Plus		Saturday	3:45 pm - 4:15 pm	4- 5 yrs	Voltas
Pre-Preps		Saturday	4:15 pm - 5:00 pm	5 1/2 yrs	Voltas



**INDIAN CLASSICAL DANCE**  
**CONTACT PERSON: PALI / SOMNA**  
**MOBILE: 050-503 2372 / 050- 508 7180**  
**BEGINNING:**

**EMAIL: somna@gurukuldubai.com**  
**WEBSITE: www.gurukuldubai.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Indian Classical Dance <b>Kathak</b>	It is an evolutionary art form. It works towards maintaining a balance between mind, body and soul. It started in India that villagers shared their life's experiences by using music, dance and drama.	Saturday	11:30am-12:30pm	Adults	Enoc
			12:45pm-1:45pm	Teens	Voltas
			2:00pm-3:00pm	Teens	Voltas
			3:00 pm - 4:00 pm	Teens	Enoc



**DUBOMEDY CLASS**  
**CONTACT PERSON: MINA**  
**MOBILE: 050-927 3621**  
**BEGINNING:**

**EMAIL: mina\_liccione@yahoo.com**  
**Website: www.dubomedy.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Kids Comedy & Circus Club	Students will learn the basics of circus skills including hula hoops, juggling, spinning plates, rola bola, rolling globe, diablos, balancing feathers and to top it off classic physical Comedy routines. Tickle your funny bone and learn Circus Skills!	Saturday	10:30 am - 11:30 am	6- 10 yrs	Enoc
NYC Tap & Body Beats Level 1	This class is perfect for beginners and for those who haven't tapped in a long time and need a refresher. Class is taught by Broadway Veteran and Award Winning performer, Minna Liccione. This 9 week course includes extra rehearsals, weekly exercises for home practise and commences with a final performance.	Saturday	11:30 am - 12:30	Teens & Adults	Chalhoub
NYC Tap & Body Beats Level 2	This class will focus on more intermediate level technique and choreography. This class is open to those who have completed Level 1 or by permission of instructor. As always, classes are taught by a Stomp, Cirque and Broadway veteran!	Saturday	12:00pm-1:00pm	Teens & Adults	Chalhoub
NYC Tap & Body Beats Level 3	This is an advanced level training course as well as Performance Troupe a.k.a. Dubomedy Sole Steppers. The troupe's latest tap & body percussion piece won an award. <b>THIS CLASS IS BY AUDITION ONLY</b>	Saturday	4:00 pm - 5:00 pm	Teens & Adults	Enoc



**SHARMILA'S STREET JAZZ / BALLE**  
**CONTACT PERSON: EMMA**  
**MOBILE: 050-466 8793**

**EMAIL: sharmila@sharmiladance.com**  
**Website: www.sharmiladance.com**

CLASS	DAY	TIME	AGE GROUP	ROOM
Elementary Ballet	Sunday	5:00 pm - 6:00 pm	11 yrs - adults	Chalhoub
Intermediate Ballet	Sunday	6:00 pm - 7:00 pm	14 yrs - adults	
Mixed Ability Adults	Sunday	10:30 am - 11:30 am	Adults	
Pre Teen (Level 1 A & 1B Combined)	Monday	4:00 pm - 5:00 pm	7-12 yrs	
Pre Teen (Level 2) Street Jazz	Monday	5:00 pm - 6:00 pm	13 - 16 yrs	
Teen Street Jazz	Monday	6:00 pm - 7:00 pm	16- 21 yrs	
Street Jazz (Emma)	Tuesday	10:00 am - 11:00 am	adults (Beginners)	
Adults Street Jazz	Tuesday	7:30 pm - 8:30 pm	adults	
Intermediate Ballet	Wednesday	5:00 pm - 6:00 pm	11 yrs - adults	
Intermediate Ballet	Wednesday	6:00 pm - 7:00 pm	14 yrs - adults	
Pre-Teen (level 1 A) Street Jazz	Thursday	4:00 pm - 5:00 pm	7- 9 yrs	
Pre-Teen (Level 1 B) Street Jazz	Thursday	5:00 pm - 6:00 pm	9-12 yrs	
Teen Street Jazz	Thursday	6:00 pm - 7:00 pm	16- 21 yrs	
Pre-Teen (Level 2) Street Jazz	Saturday	5:30 pm - 6:30 pm	13-16 yrs	
Adults Street Jazz	Saturday	7:30 pm -8:30 pm	adults	
<b>COURSE DESCRIPTION</b>				
Street Jazz (Emma)	A combination of hip hop and jazz. A fun dance to the latest music consisting of a solid warm up, stretch, abs, co-ordination, and a fabulous hip routine that changes every two weeks . * Please select your level carefully			
Elementary Ballet	A ballet barre & centre work for a basic level of ballet starting at 10 yrs to adults			
Intermediate Ballet	An open ballet class for intermediate level dancers, Teens & Adults			



**RITMO DE HAVANA - SALSA DANCE**  
**CONTACT PERSON: DEL PIERO**  
**MOBILE: 050-696 3520**  
**BEGINNING: 14-Jan-12**

**EMAIL: delpiero2000me@yahoo.com**  
**Website: www.ritmo-de-havana.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Cuban Salsa	Cuban Salsa is a feeling, a passion, danced with sensuality and style, from the gut, and with love for rhythm and music.	Saturday	9:00pm-10:00pm	Adults	Chalhoub
		Sunday	8:00pm-10:00pm		
		Tuesday	9:00pm-10:00pm		
		Wednesday	8:00pm-10:00pm		



**TANGO**  
**CONTACT PERSON: ELEANOR**  
**MOBILE: 050-451 6281**  
**BEGINNING:**

**EMAIL: tangodubai@hotmail.com**  
**Website: Dubaitangofestival.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Tango	Learn Argentine Tango with Tango Dubai, a not for-for-profit group nurtured with dedication & love sine 2002. They teach and organize tango events. An elegant sport suitable for all ages. Learning Argentine Tango encourages the understanding of human nature, brings together different cultures, creates a vibrant and healthy life.	Tuesday	8:30pm-10:00pm	Adults	Voltas
			8:30pm-10:00pm		Enoc



**BOLLYWOOD DANCE**  
**CONTACT PERSON: NISHA SHIVANI**  
**MOBILE: 050 7492067**  
**BEGINNING 14-Jan-12**

**EMAIL: shivnani.nisha@gmail.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
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	Dance it off! Enjoy shaking to the latest and hottest bollywood numbers on glamorous steps and spectacular choreography, together with warm ups concentrated on intense flexibility to tone.	Saturday	7:00pm-8:00pm	Adults	
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**DUBAI DRUMS**  
**CONTACT PERSON: YANA/JULIE ANN**  
**MOBILE: 050-640-2058/050-659-2874**  
**BEGINNING:**

**EMAIL: info@dubaidrums.com**  
**Website: www.dubaidrums.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Drop In and Drum	A group drumming that unify teams, energize group & bring people together. Drumming is the oldest known form of teambuilding.	Monday	7:30pm-8:30pm	Teens & Adults	Chalhoub



**DUBAI CLASSICAL GUITAR ORCHESTRA**  
**CONTACT PERSON: VALENTIN/CENTRE FOR MUSICAL ARTS**  
**PHONE: 050- 7708142**  
**BEGINNING:**

**EMAIL: valentin67@gmail.com**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Guitar Orchestra	Anyone who loves the guitar can be a member of DCGO. There are no age or skill limits.	Tuesday	6:00pm-7:45pm	Adults/ Children	Voltas



**BOOGIE BABIES**  
**CONTACT: Emma**  
**MOBILE: 050 8841966**  
**BEGINNING:**

**EMAIL: info@boogiebabies.org**  
**Website: www.boogiebabies.org**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Boogie Babies	Boogie Babies is a great way to encourage speech development in babies and young children. The movement aspect of our program is a fantastic way to improve balance and coordination. Even better Boogie Babies is really good fun and a brilliant way of your little one to make new friends	Sunday	11:00 am - 12:00 pm	Babies & Toddlers	Enoc



**SINGING LESSONS**

**CONTACT PERSON: KAREN BRADFIELD**

**MOBILE: 050-854 9782**

**BEGINNING:**

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Voice	We offer tuition in Europe and America's finest technical stylistic traditions. We have a wide selection of disciplines available including; rockschool/popjazz/musicals/art songs/opera Comprehensive preparation for exams available: Trinity Guild Hall/Rock School/ABRSM	Sat - Fri	9:30 am - 9:00 pm	6 yrs +	Karen's and Props Room
Piano Clarinet Saxophone Recorder	Impact offers quality tuition from highly pedigreed teachers. Comprehensive preparation for exams available: Trinity Guild Hall/Rock School/AMRSM/LAMDA	Sat - Fri	9:30 am - 9:00 pm	6 yrs +	Karen's and Props Room
Grade 3- 4	Beneficial for all students intent on improving exam results. Class provided by a former University Lecturer	Sat - Fri	Group Class 6:00 pm - 7:00 pm	Open	Karen's and Props Room
GCSE and A levels	These classes provide an invaluable aid to all struggling students studying for these exams. Classes provided by a former University Lecturer	Sat- Fri	One on One Classes 9:30 am - 9:00 pm	11 yrs +	Karen's and Props Room
Voice 'Larks'	Group Singing Class. Fun filled introduction to singing vocal technique,rhythm and music knowledge	Saturday	9:30 am - 10:30 am	6-7 yrs	Props Room
Voice 'Nightingales'	Group Singing Class, for students at elementary exam level. This is a fun filled class teaching singing, vocal technique, rhythm and musical knowledge	Saturday	10:30 am - 11:30 am	8-9 yrs	Props Room
Instrumental 'Mini Muso's	Kids can have fun exploring instrumental music. The class encompasses games and songs which introduce children to percussion, melodic percussion and basic skills in recorder playing	Saturday	3:00 pm - 4:00 pm	5- 6 yrs	Props Room
Instrumental Wind Ensemble	Led by highly experienced and qualified teacher. Ensemble work nurtures discipline, team work and musicality, and is exhilarating musical learning experience.	Tuesday	7:00 pm - 8:00 pm	Open Grades 1- 4	Karen's Room
Musical Drama 'Imps' Junior	<b>Auditions open for December's Christmas Production. All players will enjoy playing a role or two. Auditions in Props Room 12 - 2pm 3rd and 10th December</b> The emphasis on these classes is fun and lots of laughs whilst being taught musical theatre, singing, breathing, projection and development through mime,	Saturday	12:00 pm - 2:00 pm	7- 12 yrs	Props Room
Musical Drama 'Imps' Senior	Senior imps are presently preparing a large amateur production of Lionel Bart's all time favorite musical OLIVER! October 2011. Directed by Naim Zabouro. Our cast will include award winning actors, Victoria Borasio, Brian Commins and Karen's prodigee, opera singer	Saturday	4-6 yrs	Open	Props Room

# FITNESS / SPORTS & PERSONALITY DEVELOPMENT



## PILATES

CONTACT PERSON: JULIE AVERY  
 MOBILE: 055 - 8894262  
 BEGINNING: 15-Jan-12

EMAIL: juleshb2000@yahoo.com

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Pilates	Pilates is a series of exercises designed to work the body from the inside out. The benefits include:- A reduction in low back pain, improved posture, a flatter tummy and stronger centre, longer and leaner muscles, muscular balance, a reduction in stress levels with improved concentration and focus.	Sunday	9:30am-10:30am	Adults	Chalhoub
		Wednesday	9:30am-10:30am		



## WING TZUN SELF DEFENSE

CONTACT PERSON: MR REEFMAN  
 MOBILE: 050-650 3227 / 050- 352 1582  
 BEGINNING:

EMAIL: info@ebmas-selfdefense.com  
 Website: www.ebmas-selfdefense.com

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Wing Tzun Self Defense	It is a form of self-defense that does not require extraordinary physical strength or acrobatic ability. Anyone from 8 yrs old to 103 can join the class. Students will be taught to absorb and give way and not to use any force.	Sunday	8:30pm-9:45pm	8 -103 yrs	Enoc
		Wednesday	8:30pm-9:45pm		



WING TZUN Self Defense for Kids  
 CONTACT PERSON: MARY ANNE ACHARON  
 MOBILE: 056 7588553  
 BEGINNING:

EMAIL: maan.acharon@gmail.com

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Wing Tzun Kids		Thursday	3:30 pm - 4:30 pm	5-12 yrs	Enoc



BLOOMING FIT (PURE FITNESS)  
 CONTACT PERSON: ELAINE  
 MOBILE: 055- 8119120

BEGINNING:

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Blooming Fit	An Antenatal fitness class for all stages of your pregnancy. Designed by qualified instructors who are also Mums, for pregnant women looking to feel energized and healthy throughout your pregnancy. Each class consists of gentle aerobics, appropriate conditioning and relaxing stretch to help you feel amazing in the run up to the BIG day. Its hugely beneficial to you & your baby physically and mentally. Classes run on a weekly basis but you can join anytime.	Monday	10:15 am - 11:15 am	Adults	Voltas



CONTACT PERSON: VICTORIA  
 MOBILE: 055- 297 4645  
 BEGINNING:

CLASS	COURSE DESCRIPTION	DAY	TIME	AGE GROUP	ROOM
Zumba Fitness	Are you ready to party yourself into shape? That's exactly what the Zumba program is about. It's an exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness-party that's moving millions of people toward joy and health	Monday	7:00 pm - 8:00 pm	Adults	Balcony Lounge
		Thursday	7:00 pm - 8:00 pm		Enoc
		Saturday	7:00 pm - 8:00 pm		Voltas