

Rambert Class Programme Autumn 2018: Adults, Children & Young People

at Rambert, 99 Upper Ground, London SE1 9PP



KEY

CS Discount available for residents of Coin Street Community (limited availability)

DROP-IN available for morning classes only

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Various AM	Body Conditioning Age: 18+ Time: 7.30 - 8.30am DROP IN	Yoga Age: 18+ Time: 8.00 - 9.00am DROP IN	Yoga Age: 18+ Time: 7.30 - 8.30am DROP IN	Body Conditioning Age: 18+ Time: 8.00 - 9.00am DROP IN	Contemporary HIIT Class with ZkFit Age: 18+ Time: 7.30 - 8.30am DROP IN	Little Movers 1 Age: 2yrs CS	9.30 - 10.30am
9 - 10.15am	Professional Class Age: 18+ DROP IN	Professional Class Age: 18+ DROP IN	Professional Class Age: 18+ DROP IN	Professional Class Age: 18+ DROP IN	Professional Class Age: 18+ DROP IN	Little Movers 2 Age: 3 - 4yrs CS	10.30 - 11.30am
10.15 - 11.45am	Dance for Dementia Arrival: 10.15am Class: 10.30 - 11.45am Tea/Coffee: 11.45am - 12.30pm Please contact Learning@rambert.org.uk to register	Dance for Parkinsons Arrival: 10.15am Class: 10.30 - 11.45am Tea/Coffee: 11.45am - 12.30pm Please contact Learning@rambert.org.uk to register	Mercury Movers Creative Practice Group Age: 60+ CS	Mercury Movers Age: 60+ CS		Mini Movers Age: 5 - 7yrs (Year 1 - 2) CS	12 - 1pm
6.15 - 7.15pm	Youth 2: Contemporary Technique Age: 17 - 18yrs (Year 12 - 13)	Hip Hop Age: 15 - 17yrs (Year 10 - 13) CS	Young Movers 2: Contemporary Technique Age: 11 - 13yrs (Year 7 - 8) CS	Youth 2: Creative Contemporary Age: 17 - 18yrs (Year 12 - 13)		Young Movers 1: Creative Contemporary Age: 8 - 10 yrs (Year 3 - 6) CS	1 - 2pm
6.15 - 7.15pm	Youth 1: Contemporary Technique Age: 14 - 16yrs (Year 9 - 11)	Youth 1: Creative Contemporary Age: 14 - 16yrs (Year 9 - 11)	Young Movers 1: Contemporary Technique Age: 8 - 10yrs (Year 3 - 6) CS	Youth Yoga Age: 13 - 17yrs (Year 9 - 13)		Hip Hop Age: 10 - 14yrs (Year 6 - 9) CS	2 - 3pm
7:15 - 8:45pm	Ballet Intermediate (Level 2) Age: 18+	Contemporary Intermediate (Level 2) Age: 18+	Body conditioning Age: 18+ CS	Contemporary Beginners Age: 18+ CS		Mercury Movers Age: 60+ CS	2.30 - 4pm
7.15 - 8.45pm	Ballet Foundation (Level 1) Age: 18+	Contemporary Foundation (Level 1) Age: 18+		Ballet Beginners Age: 18+ CS		Young Movers 2: Creative Contemporary 11 - 13yrs (Year 7 - 8) CS	3 - 4pm