

# 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	<b>Body Conditioning</b> with Laura Gaspar Age: 18+ Time: 7.30 - 8.30am  DROP IN	<b>Yoga</b> with Laura Gaspar Age: 18+ Time: 8.00 - 9.00am  DROP IN	<b>Yoga</b> with Hannah Vincent Age: 18+ Time: 7.30 - 8.30am  DROP IN	<b>Body Conditioning</b> with Laura Gaspar Age: 18+ Time: 8.00 - 9.00am  DROP IN	<b>Contemporary HIIT Class</b> with ZkFit Age: 18+ Time: 7.30 - 8.30am  DROP IN	<b>Little Movers 1</b> with Abbie Biscoe Age: 2yrs  CS	9.30 - 10.30am
9 - 10.15am	<b>Professional Class</b> Age: 18+  DROP IN	<b>Professional Class</b> Age: 18+  DROP IN	<b>Professional Class</b> Age: 18+  DROP IN	<b>Professional Class</b> Age: 18+  DROP IN	<b>Professional Class</b> Age: 18+  DROP IN	<b>Little Movers 2</b> with Abbie Biscoe Age: 3 - 4yrs  CS	10.30 - 11.30am
10.15 - 11.45am	<b>Dance for Dementia</b> Arrival: 10.15am Class: 10.30 - 11.45am Tea/Coffee: 11.45am - 12.30pm Please contact Learning@rambert.org.uk to register	<b>Dance for Parkinsons</b> Arrival: 10.15am Class: 10.30 - 11.45am Tea/Coffee: 11.45am - 12.30pm Please contact Learning@rambert.org.uk to register	<b>Mercury Movers Creative Practice Group</b> with Jane Woolley Age: 60+  CS	<b>Mercury Movers</b> with Jane Woolley Age: 60+  CS		<b>Mini Movers</b> with Katie Mason Age: 5 - 7yrs (Year 1 - 2)  CS	12 - 1pm
6.15 - 7.15pm	<b>Youth 2: Contemporary Technique</b> with Mikaela Polley Age: 17 - 18yrs (Year 12 - 13)	<b>Hip Hop</b> with Kloe Dean Age: 15 - 17yrs (Year 10 - 13)  CS	<b>Young Movers 2: Contemporary Technique</b> with Hannah Lockyer Age: 11 - 13yrs (Year 7 - 8)  CS	<b>Youth 2: Creative Contemporary</b> with Mikaela Polley Age: 17 - 18yrs (Year 12 - 13)		<b>Young Movers 1: Creative Contemporary</b> Age: 8 - 10 yrs (Year 3 - 6)  CS	1 - 2pm
6.15 - 7.15pm	<b>Youth 1: Contemporary Technique</b> with Pierre Tappon Age: 14 - 16yrs (Year 9 - 11)	<b>Youth 1: Creative Contemporary</b> with Alicia Frost Age: 14 - 16yrs (Year 9 - 11)	<b>Young Movers 1: Contemporary Technique</b> with Katie Mason Age: 8 - 10yrs (Year 3 - 6)  CS	<b>Youth Yoga</b> with Josie Sovegiarto Age: 13 - 17yrs (Year 9 - 13)		<b>Hip Hop</b> with Kloe Dean Age: 10 - 14yrs (Year 6 - 9)  CS	2 - 3pm
7:15 - 8:45pm	<b>Ballet Intermediate (Level 2)</b> with Luke Ahmet Age: 18+	<b>Contemporary Intermediate (Level 2)</b> with Kate Mummery Age: 18+	<b>Body conditioning</b> with Karolina Manns Age: 18+  CS	<b>Contemporary Beginners</b> with Sonia Illescas Age: 18+  CS		<b>Mercury Movers</b> with Marie Lawrence Age: 60+  CS	2.30 - 4pm
7.15 - 8.45pm	<b>Ballet Foundation (Level 1)</b> with Joshua Barwick Age: 18+	<b>Contemporary Foundation (Level 1)</b> with Alicia Frost Age: 18+		<b>Ballet Beginners</b> with Mark Kelly Age: 18+  CS		<b>Young Movers 2: Creative Contemporary</b> with Katie Mason Age: 11 - 13yrs (Year 7 - 8)  CS	3 - 4pm