

Rambert Class Programme Autumn 2019: 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
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
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 Age: 60+ CS	Mercury Movers Age: 60+ CS	
6.15 - 7.15pm		Contemporary Beginners Age: 18+ CS	Young Movers 2: Contemporary Age: 11 - 13yrs CS		
6.15 - 7.45pm			Youth Contemporary Age: 14 - 17yrs		
7.15 - 8.45pm	Ballet Foundation (Level 1) Age: 18+	Contemporary Foundation (Level 1) Age: 18+	Body conditioning Age: 18+ CS	Contemporary Beginners Age: 18+ CS	
7.15 - 8.45pm	Ballet Intermediate (Level 2) Age: 18+	Contemporary Intermediate (Level 2) Age: 18+		Ballet Beginners Age: 18+ CS	

Saturday		
Little Movers 1 Age: 2yrs CS		9 - 10am
Little Movers 2 Age: 3 - 4yrs CS		10 - 11am
Mini Movers Age: 5 - 7yrs CS	Adult Yoga Age: 18+ DROP IN CS	11 - 12pm
Family Yoga Age: 4 - 8 yrs CS		12 - 1pm
Hip Hop Age: 8 - 14yrs CS	Youth Yoga Age: 8+ 1-1.45pm CS	1 - 2pm
Young Movers 1 Age: 8 - 10 yrs CS	Young Movers 2 Age: 11 - 13 yrs CS	2 - 3.30pm
Mercury Movers Age: 60+ CS		3.30 - 5pm