

## Autumn Timetable 2023

All classes at Old School Studio, Wesley Place Newlyn TR18 5AZ [www.westcornwallinnerspace.co.uk](http://www.westcornwallinnerspace.co.uk)  
(formerly known as Inner Space)

\*\*Except Tuesday Silver Swan class at Landithy Hall, Madron TR20 8SW  
Click on Teacher name for more info on class and how to book

Monday	Tuesday	Wednesday	Thursday	Friday
				9.30-10.15 Express Barre with <u>Tam @ (Port de Barre)</u>
10-11.15 'Dancing Together' with <u>Katie</u> suitable for all.				.
		11.30-12.30 Adult Ballet Beginner/ Improvers with <u>Maria</u>		
1.30-2.30 1:1 Ballet Lessons contact Maria to book.	** 2.00-3.00 Silver Swan Ballet for over 50's at MADRON see above.			
4.15-5.15 Grade 3 ballet with <u>Maria</u>	3.45 -4.30 Pre-Primary Ballet with <u>Maria</u>	Primary Ballet 3.45-4.30 with <u>Maria</u>	3.30-4.20 Grade 7 Ballet with <u>Maria</u>	
5.15-6.00 Inter Foundation with with <u>Maria</u>	4.30-5.30 Ballet Exam Practice with <u>Maria</u>	4.30-5.15 Grade 1 with <u>Maria</u>	4.20-5.05 Intermediate Foundation Ballet with <u>Maria</u>	4.30-5.30 Grade 8 Ballet with <u>Maria</u>
6.00-6.45 Grade 7 Ballet with with <u>Maria</u>		5.15-6.00 Grade 2 with <u>Maria</u>	5.05-6.05 Grade 5 with <u>Maria</u>	
6.45-7.30 Intermediate Ballet with with <u>Maria</u>		6.00-7.00 Grade 7 Ballet with <u>Maria</u>	6.15-7.15 Dance and Move -Adult Dance class with Tam <u>Maria</u>	
7.30-8.30 Adult beginner/ Improver Ballet with <u>Maria</u>		7.00-7.45 Conditioning for Pointe/Core and More with Sapphire		
		7.45-8.45 Discovering Repertoire Ballet – for experienced Dancers with <u>Maria</u>		