

## Springboard Dance Pro – Autumn Class Dates/Times



<b>Class</b>	<b>Tutor</b>	<b>Date</b>	<b>Times</b>
Ballet	Aisling Brangan	Sunday 31 <sup>st</sup> October	11am
Performance Psychology	Dr Lucie Clements	Tuesday 2 <sup>nd</sup> November	7pm
HIIT	Anna Brodrick	Thursday 4 <sup>th</sup> November	7pm
Ballet	Sarah Kundi	Sunday 7 <sup>th</sup> November	11am
Yoga	Crystal Costa	Thursday 11 <sup>th</sup> November	7pm
Ballet	Aisling Brangan	Sunday 14 <sup>th</sup> November	11am
Performance Psychology	Dr Lucie Clements	Tuesday 16 <sup>th</sup> November	7pm
HIIT	Anna Brodrick	Thursday 18 <sup>th</sup> November	7pm
Ballet	Crystal Costa	Sunday 21 <sup>st</sup> November	3pm
Yoga	Crystal Costa	Thursday 25 <sup>th</sup> November	7pm
Ballet	Thomas Edwards	Sunday 28 <sup>th</sup> November	11am
HIIT	Anna Brodrick	Thursday 2 <sup>nd</sup> December	7pm
Ballet	Crystal Costa	Sunday 5 <sup>th</sup> December	3pm
Performance Psychology	Dr Lucie Clements	Tuesday 7 <sup>th</sup> December	7pm
Yoga	Crystal Costa	Thursday 9 <sup>th</sup> December	7pm
Ballet	Kit Holder	Sunday 12 <sup>th</sup> December	11am
Performance Psychology	Dr Lucie Clements	Tuesday 14 <sup>th</sup> December	7pm
Yoga	Crystal Costa	Thursday 16 <sup>th</sup> December	7pm
Ballet	Kit Holder	Sunday 19 <sup>th</sup> December	11am
Yoga	Crystal Costa	Thursday 23 <sup>rd</sup> December	7pm