



TIMETABLE

MONDAY

- 6.30pm - Hip Hop (Beg - 1hr)
- 6.30pm - Contemporary (N2d - 1hr)
- 7.30pm - Hip Hop (Int - 1hr)
- 7.30pm - Contemporary (Beg/Int - 1hr)
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TUESDAY

- 6.45am - Barre Body (Moderate - 45m)
- 6.45am - Bounce (Mild - 45m)
- 6.45pm - Bounce (Intense - 45m)
- 7.45pm - Barre Body (Mild - 45m)
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WEDNESDAY

- 6.15am - Hatha Yoga (Mild - 1hr)
- 5.45pm - Funk Tap (N2d - 1hr)
- 6.45pm - Funk Tap (Beg/Int - 1hr)
- 7.45pm - Funk Tap (Adv - 1hr)
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THURSDAY

- 6.45am - Bounce (Moderate - 45m)
- 5.45pm - Ballet (Beg/Int - 1hr)
- 6.45pm - Heels (Beg/Int - 1hr)
- 6.45pm - Jazz Funk (N2d - 1hr)
- 7.30pm - Heels (Int/Adv - 1hr)
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FRIDAY

- 6.45am - Barre Body (Moderate - 45m)
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SATURDAY

- 8.00am - Bounce (Moderate - 45m)
- 8.45am - Limbering (Mild - 45m)
- 9.30am - Barre Body (Intense - 45m)
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DC Fit offers studio fitness and dance classes for adults across all ages and abilities. All DC Fit instructors have strong backgrounds in technical dance and fitness instruction.

DC Fit is gender-neutral and has been created to support and inspire people to enjoy an active and fun lifestyle.

Classes are 45mins - 1hr

CONTACT US:
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BOOKINGS:
mindbody app
*free to download via
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