



DANCE COMPANY

682 Monarch Ave
Unit 5, 6, 8 & 9
Ajax, ON

905-231-2111

ADULT DANCE CLASSES

TUESDAYS

8:45-9:45pm Adult Contemporary

10 minutes Stretch
20 Minutes Movement Across Floor
30 minutes Combination

THURSDAYS

9:00-9:45pm Adult Ballet Barre & Conditioning

30 minutes Barre
15 minutes Conditioning/Stretch

WINTER 8 weeks

Tuesdays: January 9th - February 27th

Thursdays: January 11th - March 1st

SPRING 8 weeks

Tuesdays: March 20th - May 8th

Thursdays: March 22nd - May 10th

TEACHERS:

Tuesdays

(Contemporary)
Miss Christina Laramee

Thursdays

(Ballet Barre &
Conditioning)
Miss Alannah Morrow

"Great experience overall, would highly recommend to other Adults. Miss Christina was a great instructor, very lively and outgoing. I always felt comfortable and challenged in a way that facilitated growth but at a pace that was not overbearing or uncomfortable. Look forward to returning in the new year!"

- Alana Capesky

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www.protegedancecompany.com

