



## VÄLKOMMEN TILL HELENS DANSSKOLA I LIDKÖPING

Start v.3  
Se respektive kurs

Anmälan görs via [www.helensdansskola.nu](http://www.helensdansskola.nu)

### MÅNDAG - Sal 3

|       |                        | start<br>v.4 |        |                |
|-------|------------------------|--------------|--------|----------------|
| 17.00 | Pyttedans 2-3 år       | 12 ggr       | 30 min | Helen H/Anette |
| 17.30 | Barndans 4 år          | 12ggr        | 30 min | Helen H/Anette |
| 18.00 | Barndans 5 år          | 12 ggr       | 30 min | Helen H/Anette |
| 19.00 | Standard N3            | 12ggr        |        | Helen H        |
| 20.00 | Jazz 30 år+ Öppen nivå | 12ggr        |        | Helen H        |

### TORSdag - Sal 1

|       |                     |         |       |          |
|-------|---------------------|---------|-------|----------|
| 18.00 | Pilates bas*        | drop-in |       | Ann-Sofi |
| 19.15 | Jazz 20+ Öppen nivå | 14ggr   | 75min | Ann-Sofi |

### TISdag - Sal 1

|       |                              |       |            |          |
|-------|------------------------------|-------|------------|----------|
| 18:30 | Pilates*                     |       | drop-in    | Ann-Sofi |
| 19:30 | Com. Jazz 30 år+ Öppen nivå  | 7 ggr |            | Ann-Sofi |
| 19.30 | Com. Hiphop 30 år+ Öpp. nivå | 7ggr  | start v.41 | Ann-Sofi |

### TISdag SAL 2

|       |                             |       |           |       |
|-------|-----------------------------|-------|-----------|-------|
| 18.00 | Artistic Ballroom 9-12år N1 | 10ggr | start v.8 | Wilma |
|-------|-----------------------------|-------|-----------|-------|

### TISdag -Sal 3

|       |                                |       |           |       |
|-------|--------------------------------|-------|-----------|-------|
| 17.00 | Artistic Ballroom jun/ton N4+5 | 10ggr | start v.8 | Wilma |
| 18.00 | Tabata*                        |       | drop-in   | Jacob |
| 19.00 | Com.Performance 18år+ N3       | 10ggr | drop-in   | Lina  |

### ONSDAG - Sal 1

|       |                      |        |              |                |
|-------|----------------------|--------|--------------|----------------|
| 18.00 | Showspecial 10-12år  | 14 ggr |              | Helen H        |
| 19:00 | Jazz vuxna Avancerad | 8ggr   | start<br>v.5 | 75 min<br>Sara |

### ONSDAG - Sal 3

|       |                              |        |           |            |
|-------|------------------------------|--------|-----------|------------|
| 17:00 | Artistic ballroom standard   | 10ggr  | start v.8 | Wilma      |
| 18:00 | DanceWorkout*                |        | drop-in   | Sofia      |
| 19.00 | Art. Ballroom tonår Övade+Av | 14 ggr |           | Tuku/Helen |
| 20.00 | Standard vuxna Övade         | 14ggr  |           | Tuku/Helen |

### TORSdag - Sal 3

|       |                           |       |         |        |
|-------|---------------------------|-------|---------|--------|
| 17.00 | Jazz & Modernt jun/ton N4 | 14ggr |         | Vanna  |
| 18.00 | Muskelpass/Core*          |       | drop-in | Margot |

### FREDAG - Sal 1

|       |                 |       |  |         |
|-------|-----------------|-------|--|---------|
| 16.00 | Jazz 9-12år N1  | 14ggr |  | Stina L |
| 17.00 | Jazz jun/ton N5 | 14ggr |  | Stina L |

### LÖRDAG-Sal 1

|       |          |  |         |         |
|-------|----------|--|---------|---------|
| 09:30 | Pilates* |  | Drop-in | Helen H |
|-------|----------|--|---------|---------|

### SÖNDAG - Sal 1

|       |                     |        |            |         |
|-------|---------------------|--------|------------|---------|
| 16.30 | Showkids 6+7 år     | 12 ggr | 45 min     | Helen H |
| 17:15 | Showkids 8-9år      | 12 ggr | 45 min     | Helen H |
| 18:00 | Salsa vuxna N3      | 12ggr  |            | Helen H |
| 19.00 | Bugg vuxna N3       | 6ggr   |            | Helen H |
| 20.00 | West Coast Swing N1 | 6 ggr  |            | Joachim |
| 20.00 | West Coast Swing N2 | 6ggr   | start v.10 | Joachim |

### SÖNDAG - Sal 2

|       |                |       |           |      |
|-------|----------------|-------|-----------|------|
| 18.00 | Latin vuxna N1 | 6ggr  | start v.7 | Tuku |
| 19.00 | Latin vuxna N3 | 10ggr | Start v.7 | Tuku |

### SÖNDAG - Sal 3

|       |               |      |               |         |
|-------|---------------|------|---------------|---------|
| 18.30 | Aerobics*     |      | drop-in       | Margot  |
| 20.00 | Bugg vuxna N1 | 6ggr |               | Helen H |
| 20.00 | Bugg vuxna N2 | 6ggr | start<br>v.10 | Helen H |

Eventuella ändringar i kursprogrammet kan ske.

Skaragatan 48, 0510-678 28

\* Öppna klasser

Lektionstid 60 minuter om inget anges.

[www.helensdansskola.nu](http://www.helensdansskola.nu) - lidköping@helensdansskola.nu

Hjärtligt välkomna till en ny termin!

