

CENTRE OF MOVEMENT 2018 ***SCHEDULE***



207 209-0758

www.cmdans.org

LIMINGTON SCHEDULE: 60 Ossipee Trail (Route 25)

TUESDAYS:

3:00 pm TBA

4:00 pm BALLET ii / iii

5:00 pm JAZZ

6:00 pm CONT. /LYRICAL

7:00 pm THEATER OR ADULT/TEEN TAP

THURSDAYS:

10:30 am ADULT BALLET

3:00 pm TBA

4:00 pm BALLET/GYM

5:00 pm INTRO DANCE

6:00 pm JAZZ/TAP

7:00 pm BALLROOM & SWING DANCE



SATURDAYS:

8:45 am BALLET I / II

9:45 am INTRO DANCE

10:30 am GYMNASTICS

11:30 am JAZZ

12:30 pm BALLET III/IV

2:00 pm HIP HOP

3:00 pm SHOW BIZ KIDS & COMPETITION

Carrie's "INTENSIVE EXERCISE" Classes: Limington C M
Mondays 6:00 pm to 7:00 pm & Wednesdays 5:00 pm to 6:00 pm
Drop in fee or pay by 4 week session FMI 207 423-7703



Class Schedule 2018 - Centre of Movement

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GORHAM SCHEDULE: 1 Church Street

MONDAYS:

3:00 pm TBA

4:00 pm TAP / BALLET COMBO I / II

5:00 pm JAZZ / GYM COMBO

6:00 pm TAP III / IV

7:00 pm TAP ADVANCED & HAPPY HOOFERS

TUESDAYS:

10:00 am SPECIAL NEEDS LINE DANCE

WEDNESDAYS:

9:00 am INTRO / DANCE

10:00 am SPECIAL NEEDS DANCE & FITNESS

3:00 pm CONT. / LYRICAL

4:00 pm BALLET

5:00 pm INTRO/DANCE

6:00 pm TAP

7:00 pm BALLROOM / SWING DANCE



We schedule additional Daytime classes for Homeschool groups, Adults or Special needs classes upon request.

*Private lessons are also scheduled on an individual basis.
FMI Call Vicky at 207 209-0758*