



## **2023-2024 Weekly Adult Dance Class Listing**

All of our weekly dance classes are PERFECT for those who have always wanted to learn how to dance, want to feel more comfortable moving or what to get back into dancing after a long time away from movement. Dance classes and workshops range from hip hop, jazz, ballet, and contemporary modern to more workshop style classes led by professional dancers based in Belgium. JOIN US as well explore different types of movement. After all, it's never too late to start dancing!

### **\*Monday 19h00-20h00 Everyone Can Dance Hip Hop**

Level: Absolute Beginner (English)

Hip Hop is an energetic and exciting dance style that has taken the world by storm on concert stages, television, and movies. However, many of the movements can often be complicated and even intimidating. For those who have always wanted to try it and those who love it, we will break down various hip hop movements and styles that makes it easy and exciting to learn. The class will consist of a warm-up, stretching and a tailored movement combination for all levels that gets you confident in your own body and connecting with others. Come meet new people, get in a good workout, and dance your heart out because EVERYONE CAN DANCE Hip Hop.

### **\*Monday 20h00-21h00 Everyone Can Dance Girly**

Level: Absolute Beginner (English)

Are you ready to step into a world of grace, glamour, and girlish charm? Look no further than our enchanting Girly Dance Class that explores a variety of dance styles that embody the essence of femininity. From sultry salsa to sassy hip-hop, our Girly Dance Class covers it all. You'll master elegant routines, playful moves, and learn to express yourself through the language of dance. Designed for those who want to embrace their feminine power while having a blast, this class is a celebration of all things fabulous. Immerse yourself in a vibrant and supportive atmosphere where every shimmy and shake is met with cheers and encouragement.

### **\*Tuesday 19h30-20h30 Everyone Can Dance Ballet**

Level: Beginner (English)

Ballet is a classical dance form dating back to the 15th century Italian Renaissance, based on precision, control of the body and expression through movement! This is a beginner ballet class



that consists of barre work and combinations in the center and it's designed for those with at least 1-2 years experience in ballet.

**\*Tuesday 20h30- 21h30 Everyone Can Dance Contemporary Dance**

Level: Beginner (English)

Contemporary Dance is a fusion of many styles including modern, lyrical, jazz, ballet and even hip hop inspired movements. Contemporary allows for the dancers to express movement in many ways and levels. This is a beginner contemporary dance class that is designed for those with at least 1-2 years experience in contemporary. This class focuses on contemporary basics, dives into improvisation and explores a contemporary dance combination in every class.

**\*Wednesday 19h30-20h30 Everyone Can Dance Ballet**

Level: Absolute Beginner (English)

Ballet is a classical dance form dating back to the 15th century Italian Renaissance, based on precision, control of the body and expression through movement! This is a beginner and all levels ballet class. Designed for first time ballerinas/ballerinos or for anyone wanting to get back into ballet. The class starts at the barre for warming up and technique, then moves to the center exercises. Finally, a small ballet combination-variation at the end of class.

**\*Wednesday 20h30- 21h30 Everyone Can Dance Contemporary Dance**

Level: Absolute Beginner(English)

Contemporary Dance is a fusion of many styles including modern, lyrical, jazz, ballet and even hip hop inspired movements. Contemporary allows for the dancers to express movement in many ways and levels. This class is open to everyone that wants to move! Starting with warm up, on the floor and across the floor exercises and then learning a contemporary combination. This class is a great way to explore the diverse world of contemporary dance!

**\*Thursday 19h00-20h00 Everyone Can Dance Like...Dance Pop Class**

Level: Absolute Beginner (English)

Our themed classes range from Everyone Can Dance Ballet & Hip Hop to Everyone Can Dance like Beyonce or Michael Jackson and focus on exploring movement in a fun and engaging way through well-known dance styles and performers. The class will consist of a warm-up, stretching and a class specific movement combination for all



levels that gets you confident and full of expression in your own body while connecting with others. [Click here](#) to see the dates of each featured artist.

**\*Thursday 20h00-21h00 Everyone Can Dance Hip Hop Groove**

Level: Beginner (English)

Hip Hop Groove is a feel good hip hop class that focuses on finding the complex rhythmic quality of hip hop music through movement. In this class we will focus on hip hop basics, rhythm and grooving to the music. In grooving to the music, we enjoy not only the movement but the feeling and connection between the choreography and music. This class will consist of a warm-up, stretching, and a groovy and feel good movement combination for all levels that gets you confident in your own body.