

Keti Sharif's
A-Z BELLYDANCE

2025



INFINITE PATHWAYS TEACHER TRAINING



Welcome to A-Z Bellydance - Infinite Pathways

The concept of "infinite pathways" in Bellydance speaks to the fluid, dynamic and expansive nature of this timeless art form. There are limitless ways for Bellydancers to explore, experience and express movement and musicality - both in Egyptian cultural context, and through progressive fusion.

In the **A-Z Bellydance Teacher, Performer & Wellness Course**, you'll explore the deep and interconnected elements of the art; from rhythm to musicality, to improvisation and new choreography. Discover classical and cultural forms of Bellydance interpretation with the excitement of igniting your own personal expression!

Bellydance is a Journey of Infinite Expression

Bellydance, particularly in its traditional forms, is built upon a vocabulary of movements that are both rich and diverse. These movements are not only physically expressive but also carry deep cultural, somatic and emotional significance. The idea of A-Z's Infinite Pathways course can be understood in a few ways:

a) Your Confidence, Improvisational Skills and Musicality will Improve

Bellydance is often an improvised art form, especially *Raqs Sharqi* (Oriental dance) or certain folk styles. Dancers take basic culturally-honed moves and apply their own unique flavour, layering them with emotion, personal style and sometimes even in 'conversation' with the music, especially if performing to a Live band. Just as there are endless ways to combine steps, there are infinite ways to express oneself through the dance, creating an individualised pathway each time. Rhythm, musicality and *maqamaat* are explored in the course. Live Egyptian music features throughout the course.

b) Somatic Embodiment of 'Hundreds' of Movement Pathways!

A-Z Bellydance sequences are deeply somatic, neural-pathways of movement flow, that are culturally, rhythmically and musically informed. Once learnt, they can be danced in a myriad of fresh, creative ways. This course features Live Egyptian music and rhythms, highlighting diversity of genre and style, whilst encouraging personalisation. The aim is embodiment of a strong, somatic vocabulary of easy-to-remember dance techniques, along with a well-developed sense of musicality, allowing the dancer to anticipate changes with ease, and improvise with confidence. Establishing a variety of neural-pathways for sequential movements, easily and effortlessly lends it self to the following: musical embodiment, weight sensing, spatial awareness, technique refinement, flexibility, fluidity, de-construction, re-construction and liberation.

c) Exploration of Traditional and Modern Bellydance, with Cultural Nuance and Diversity

Bellydance spans a wide range of cultural traditions, from Egyptian to Turkish, Lebanese, Moroccan and beyond. A dancer can spend an entire lifetime exploring the many intricacies of these traditions, while also merging them with contemporary influences. This results in an ongoing, evolving exploration of Bellydance globally. A-Z Bellydance dives into the earthy roots and inner-sensing of somatically-informed Bellydance, allowing for both cultural variations and personal responses. The A-Z methodology was created in Egypt over a time-span of 25 years, and has grown to feature Live Egyptian music of various genres, specific field recordings, as well specific cultural styles and elements from the Middle East. The purpose of A-Z is to assist the Dancer to build strong foundations, to allow for nuance and diversity, and to guide and support them as they develop their craft and focus on styles that particularly appeal to them.

d) A-Z Encourages Fusion and Evolution and Contemporary New Forms of Bellydance

Bellydance evolves when it intersects with other dance forms; fusion creates new pathways of expression. The endless possibilities that allow Bellydance to grow and adapt, result in a dance form that's vibrant and open to new ideas. A-Z is a community of dancers who celebrate diversity and honour cultural traditions.

I'd be honoured to welcome you to join us, as one of the wonderful dancers on this journey!

Keti Sharif



A WORLD FIRST IN BELLYDANCE TRAINING!

A-Z Bellydance Infinite Pathways Internationally Accredited CPD Course

We celebrate the first Bellydance Training Course of its kind in the world, created for Teaching, Performance and Wellness, to be internationally recognised and accredited in 2025, offering professional CPD points to dance professionals, or those in fitness, wellness or recreational industries around the world. The CPD Standard Office is a part of the Professional Development Consortium, a prestigious global community for learning, development and education.



What is Continuing Professional Development and what are CPD Points?

Continuing Professional Development (CPD) is a process where individuals and professionals, continue to learn and develop their skills, knowledge and competencies throughout their careers. CPD points are officially recognised credits or units earned through CPD accredited activities. The aim is to ensure that professionals stay current with the latest developments, techniques and best practices in their fields. CPD points are a way to track and validate an ongoing commitment to learning and self-improvement and may be used for workplace competency. CPD points are required annually to maintain most workplace accreditations. If you work in professional fitness, dance or well-being fields, check national requirements or equivalent names. For example, Australian Registered Exercise Professionals require ongoing professional development to obtain 20 Continuing Education Credits (CECs) every two years. This equals 20 CPD points.

How many CPD Points are Obtained on Successful Completion of A-Z Bellydance Courses?

A-Z Bellydance offers 5 Levels of Courses that each accrue 20 CPD Points, or 100 CPDs in total. Points are recognised internationally and support instructors who require dance training credentials for employment in recreation or fitness centres, gyms, schools, dance academies, wellbeing centres or other work places.



A-Z Bellydance - Methodology Description

Keti Sharif's internationally renowned A-Z Bellydance Program, developed in Egypt, offers a progressive series of 5 Dance Levels for both Personal Development and Teacher Training Certification. In Level 1 participants gain skills in Somatics, Musicality, Rhythms and learn correct techniques for individual moves, to prepare them for Levels 2 and 3, where they practice Keti's multi-layered A-Z Bellydance movement "pathways" within cultural context. Levels 4 and 5 provide training for Teaching, Performance or Wellness.

Hundreds of A-Z "pathways" (Bellydance sequences) are taught individually, then are demonstrated as part of performance choreographies, often with Egyptian musicians, filmed on location in Egypt or at Keti's studio. Adapting and personalising the sequences for various Bellydance genres is explored, with the use of props, costumes, styling and stagecraft. Additional genre-specific presentations are offered by guest artists.

A-Z Bellydance is taught in 40 countries around the world, is enjoyed by thousands of dancers, and celebrated for its professionalism, vast movement vocabulary and encouragement of artistic diversity. Many Wellness professionals and coaches integrate the A-Z methodology into their practices, as it focuses on the Somatic healing aspect of Bellydance for Artistry and Health. Over 2000 Dance Academies, Teachers and Performers worldwide, now incorporate the A-Z Methodology into their curriculum. Program creator, Keti Sharif is a lifelong dance instructor, author and performing artist, with 30 years Bellydance experience.

Who Should Attend this Course?

A-Z Bellydance courses are designed for dance enthusiasts wishing to develop skills, widen their movement vocabulary, enrich their somatic awareness, refine technique and improve their musicality. Teachers, Performers or Wellness practitioners will gain formal, professional education to expand career opportunities. Courses are ideal for dancers seeking to enhance their understanding of Somatics, Musicality and Egyptian-based Bellydance techniques, which underpin multiple genres from Traditional to Contemporary.

Professionals looking to boost their Teaching and Performance skills, can benefit from the training by adding the A-Z Bellydance methodology to their existing curriculum. Wellness coaches can integrate *Pulse8 Fitness* and *Somatica* (a blend of Bellydance and Qi Gong) to offer their clients a richer scope of modalities, with specialty classes for clients with Physical Limitations, classes for Pregnancy and classes tailored for Seniors. There are also two Bonus modules delivered on Graduation -Teaching Curriculum Kit and Performance Kit.

The Benefits of A-Z Bellydance Courses:

Course benefits include embodiment of Somatic and technical dance skills, hundreds of "pathways" to establish an inner-vocabulary for life, and cultural and musical knowledge. Participants have access to countless user-friendly choreographies and pre-planned curriculum for teaching. The outcomes participants can expect are improved Dance, Performance and Teaching skills, enhanced Artistry, and fluency in the A-Z Methodology. All materials, including especially recorded music, instructional videos and study manuals, become a lifetime resource library. Certified Graduates gain exclusive access to new A-Z Choreography Workshops that they may teach to their own students, as well as enjoy opportunities to undertake bonus courses—live or online—or attend A-Z Teacher travel retreats to network with other Teachers world-wide.

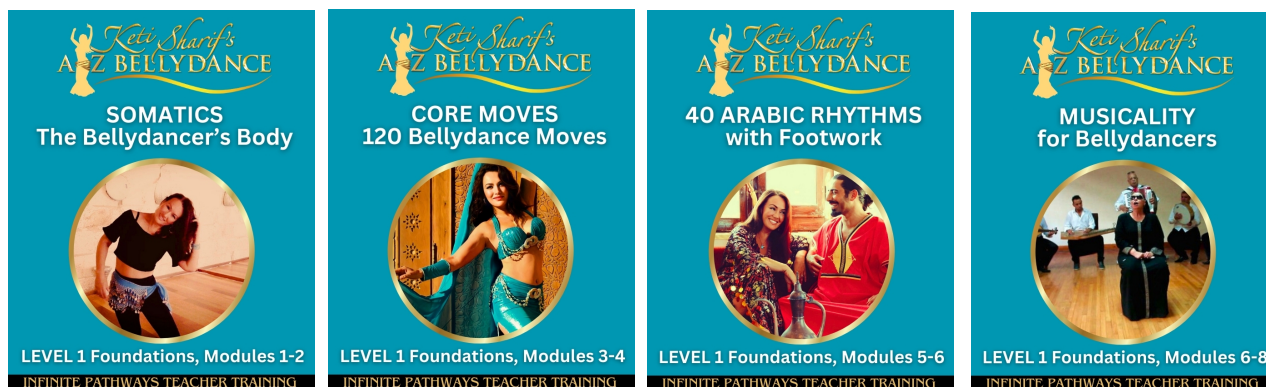


A-Z Bellydance Courses - Accredited Activities

- Course #1: A-Z Bellydance Level 1: Foundations (8 modules, 20 hours)**
Somatics, Individual Moves, Rhythms & Musicality - 20 CPD Points
- Course #2: A-Z Bellydance Level 2: A-Z Original (10 modules, 25 hours)**
A-Z Original, Al Kawakib, AstroBelly, Nawara with Dof - 25 CPD Points
- Course #3: A-Z Bellydance Level 3: A-Z Advanced (10 modules, 25 hours)**
A-Z Advanced, Reda Drills, Lotus Series, Neo Raqs - 25 CPD Points
- Course #4: A-Z Bellydance Level 4: Teaching & Performance (5 modules, 15 hours)**
Teacher Training, Performance & Stagecraft, Career Guide - 15 CPD Points
- Course #5: A-Z Bellydance Level 5: Wellness & Fitness (5 modules, 15 hours)**
Wellbeing, Somatica Program, Pulse8 Fitness & Specialty Programs;
Physical Limitations, Pregnancy and Seniors - 15 CPD Points

The 5 x Levels of A-Z Bellydance Accredited Courses (Consolidated 2025)

Course #1: A-Z Bellydance Level 1: Foundations



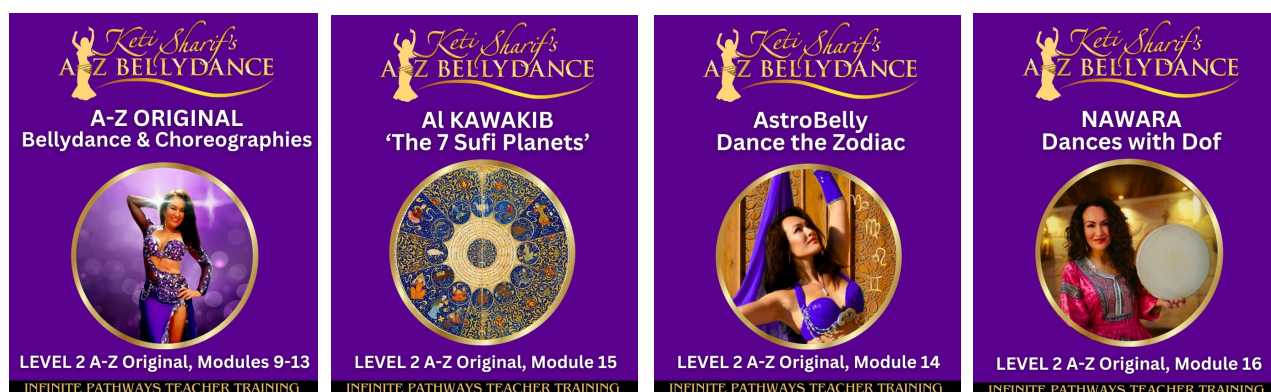
Foundations is the initial Level required for A-Z Bellydance Certification, as it develops the participant's movement skills and establishes the somatic vocabulary of the methodology. As individual movements are somatically explored and corrected, the participant will be able to build on this solid foundation of neural connectivity, which is required in consecutive courses. This course also lays down the foundations for musicality and rhythms, which underpin the content in all the courses.

Total Course Time: 20 hours plus Exam (written & filmed)
Number of Modules: 8 modules
Pre-Requisites: None
CPD Points: 20
Cost: \$400 USD

** If enrolled into year long course, dates are Feb 1st-Mar 30th 2025

LIVE / Zoom revision weekend with Guest Dr Martha Eddy Apr 6th-7th

Course #2: A-Z Bellydance Level 2: A-Z ORIGINAL




Level 2 is the A-Z Original Bellydance Certification, which develops the participant's movement vocabulary with 45 "pathways" of flowing, sequential movement phrases. As neural-pathways are embodied, memorised and somatically integrated into various rhythmic and musical styles, the participant will perform various Traditional, Classical and Modern choreographies with improvisational elements, to assimilate these skills. This course prepares the participant for further spatial, kinetic and fractal complexity, which they will learn in the following Level. Character, shape and the effort-life of movement is explored in AI Kawakib and AstroBelly, and Dof (frame drum) is learnt in Nawara to strengthen rhythmic skills and co-ordination.

Total Course Time: 25 hours plus Exam (written & filmed)
Number of Modules: 10 modules
Pre-Requisites: Level 1 Pass
CPD Points: 25
Cost: \$500 USD


** If enrolled into year long course, dates are Apr 12th-Jun 15th 2025

LIVE / Zoom revision weekend with live music Jun 21st-22nd 2025

Course #3: A-Z Bellydance Level 3: A-Z Advanced



A-Z ADVANCED
Bellydance & Choreographies



LEVEL 3 A-Z Advanced, Modules 17-21
INFINITE PATHWAYS TEACHER TRAINING



REDA DRILLS plus Zills!
to Live Rhythms




LEVEL 3 A-Z Advanced, Module 22
INFINITE PATHWAYS TEACHER TRAINING




LOTUS SERIES
Pharaonic Theatre



LEVEL 3 A-Z Advanced, Module 23
INFINITE PATHWAYS TEACHER TRAINING



NEO RAQS
Modern Bellydance



LEVEL 3 A-Z Advanced, Module 24
INFINITE PATHWAYS TEACHER TRAINING


Level 3 A-Z Advanced establishes the somatic vocabulary of the methodology with 45 new pathways. As these more complex movements are somatically explored through stagecraft, the participant will be able to learn more complex choreographies, and branch out into Theatrical styles of dance, with a heightened sense of musicality and rhythmic acuity. At this stage, participant will have learnt a total of 90 pathways and will learn how to play the frame drum and finger cymbals to a variety of Arabic rhythms and time signatures.

Total Course Time: 25 hours plus Exam (written & filmed)
Number of Modules: 10 modules
Pre-Requisites: Level 2 Pass
CPD Points: 25
Cost: \$500 USD

** If enrolled into year long course, dates are Jul 5th-Sep 7th 2025

LIVE / Zoom revision weekend with Lotus Series Sep 13th-14th 2025

Course #4: A-Z Bellydance Level 4: Teaching and Performance



TEACHING BELLYDANCE
from Beginner to Advanced



LEVEL 4 Teaching, Modules 25-27
INFINITE PATHWAYS TEACHER TRAINING



PERFORMANCE
Professional Stagecraft




LEVEL 4 Performance, Modules 28-30
INFINITE PATHWAYS TEACHER TRAINING




LIVE MUSIC
and Performance Skills



LEVEL 4 Performance, Module 31
INFINITE PATHWAYS TEACHER TRAINING



CAREER SUCCESS
and Artistic Identity



LEVEL 4 Career, Module 32
INFINITE PATHWAYS TEACHER TRAINING

Level 4 develops the participant's teaching skills and establishes the correct way to teach the A-Z vocabulary of pathways to students, and effectively incorporate the methodology into their own curriculum. As various learning styles are explored, the participant will be able to teach with use of the correct terminology and understanding of the somatic vocabulary required to describe movement and build from individual movements to complete pathways, with an awareness of musicality and cultural stylisations. Performance and stagecraft skills will allow the participants to develop their confidence as a professional performer, and deliver performances on stage with an awareness of stagecraft and performance dynamics. The participant will engage with choreographies, both solo and in troupe formation, together with the use of props and costuming. At this Level, new creative artistry, personal dance aesthetics and style is explored.

Total Course Time: 15 hours plus Exam (written & filmed)
Number of Modules: 5 modules
Pre-Requisites: None
CPD Points: 15
Cost: \$400 USD

** If enrolled into year long course, dates are Sep 20th-Oct 19th 2025

LIVE / Zoom revision weekend with Performances Oct 25th-26th 2025

Course #5: A-Z Bellydance Level 5: Wellness and Fitness



(Somatic Dance for Wellbeing, Pulse8 Fitness Program, Pregnancy, Seniors and Physical Limitations)

Level 5 focuses the participant's teaching skills for specific wellness programs, in order to support students who wish to improve their fitness and health through Bellydancing practices, coaching and classes. Participants will learn how to teach the A-Z vocabulary of pathways to students with specific needs, including students and clients who wish to use Somatic Bellydance for wellness and relaxation, or to feel more invigorated and experience the energising health benefits of the Pulse8 program. Specialty classes for pregnancy seniors, and those with the physical limitations will be learnt with safety modifications applied to the existing pathways. This final level insures maximum competence for teachers and coaches who are working directly with clients who require special focused attention on their health needs, whilst also encouraging their artistic and creative experience.

Total Course Time: 15 hours plus Exam (written & filmed)
Number of Modules: 5 modules
Pre-Requisites: None
CPD Points: 15
Cost: \$400 USD

** If enrolled into year long course,
dates are Nov 1st-30th 2025

**LIVE / Zoom revision weekend with
live band Dec 6th-7th 2025**



How to Enrol into A-Z Bellydance Courses Online in 2025



OPTION #1: Bite-sized, self paced

Enrol and pay for one Course at a time, and study at your own pace.

Level 1: Foundations

- Somatics (2 modules, 5 hours) \$120 USD
- 120 Moves (2 modules, 5 hours) \$120 USD
- 40 Rhythms (2 modules, 5 hours) \$120 USD
- Musicality (2 modules, 5 hours) \$120 USD

* Exam & Personal Assessment: \$30 USD

Level 2: A-Z Original

- A-Z Original (5 modules, 15 hours) \$300 USD
- Al Kawakib (1 module, 2.5 hours) \$60 USD
- AstroBelly (2 modules, 5 hours) \$120 USD
- Nawara/Dof (2 modules, 5 hours) \$120 USD

* Exam & Personal Assessment: \$40 USD

Level 3: A-Z Advanced

- A-Z Original (5 modules, 15 hours) \$300 USD
- Reda Drills (2 modules, 5 hours) \$120 USD
- Lotus Series (2 modules, 5 hours) \$120 USD
- Neo Raqs (1 module, 2.5 hours) \$60 USD

* Exam & Personal Assessment: \$40 USD

Total: \$2500 USD plus exam fees \$110

OPTION #2: GOOD VALUE - PAY AS YOU GO

Participants have an option of enrolling into the A-Z Bellydance Courses one Level at a time. Study with the group if you join as per the the Year-Long dates schedule, or self study at your own pace, any time.

Level 1: \$400 USD	Level 4: \$400 USD	Total \$2200 USD
Level 2: \$500 USD	Level 5: \$400 USD	
Level 3: \$500 USD		

*For transparency, all Keti's Modules in Levels 1-3 are priced at \$20 USD per hour. Modules include videos, music and study manual content, plus audio versions of each study manual. Levels 4-5 are \$26.60 per hour.

OPTION #3: BEST VALUE! ONE-TIME PAYMENT

Enrol into the Complete Year Long 2025 A-Z Course! Study the Full Series (5 Levels) with weekly guidance and mentoring with Keti in 2025. Plus BONUS of 5 x FREE Zoom Master classes to supplement learning. VALUE - Study fees are reduced to just \$18 USD per hour! Course Dates: Feb 1st until Dec 7th, 2025

Total \$1800 USD (100 hours / 100 CPD Points)

Save \$400 on Course Fee, with materials for life!
Plus join 5 x Zoom Masterclasses valued at \$300 FREE
Enjoy a Huge Savings of \$700! Lifetime of resources.

- * Weekly Group Mentoring
- * Stay on track with email reminders
- * Facebook group to chat and share
- * 5 x FREE Zoom Masterclasses

Graduation Concert 14th Dec 2025

- * Web Badge and FREE Teachers full page website listing on graduation

ENROLMENT OPEN DEC 1, 2024 - JAN 30, 2025
**** EARLYBIRD \$100 DISCOUNT DEC 1-31, 2024!**

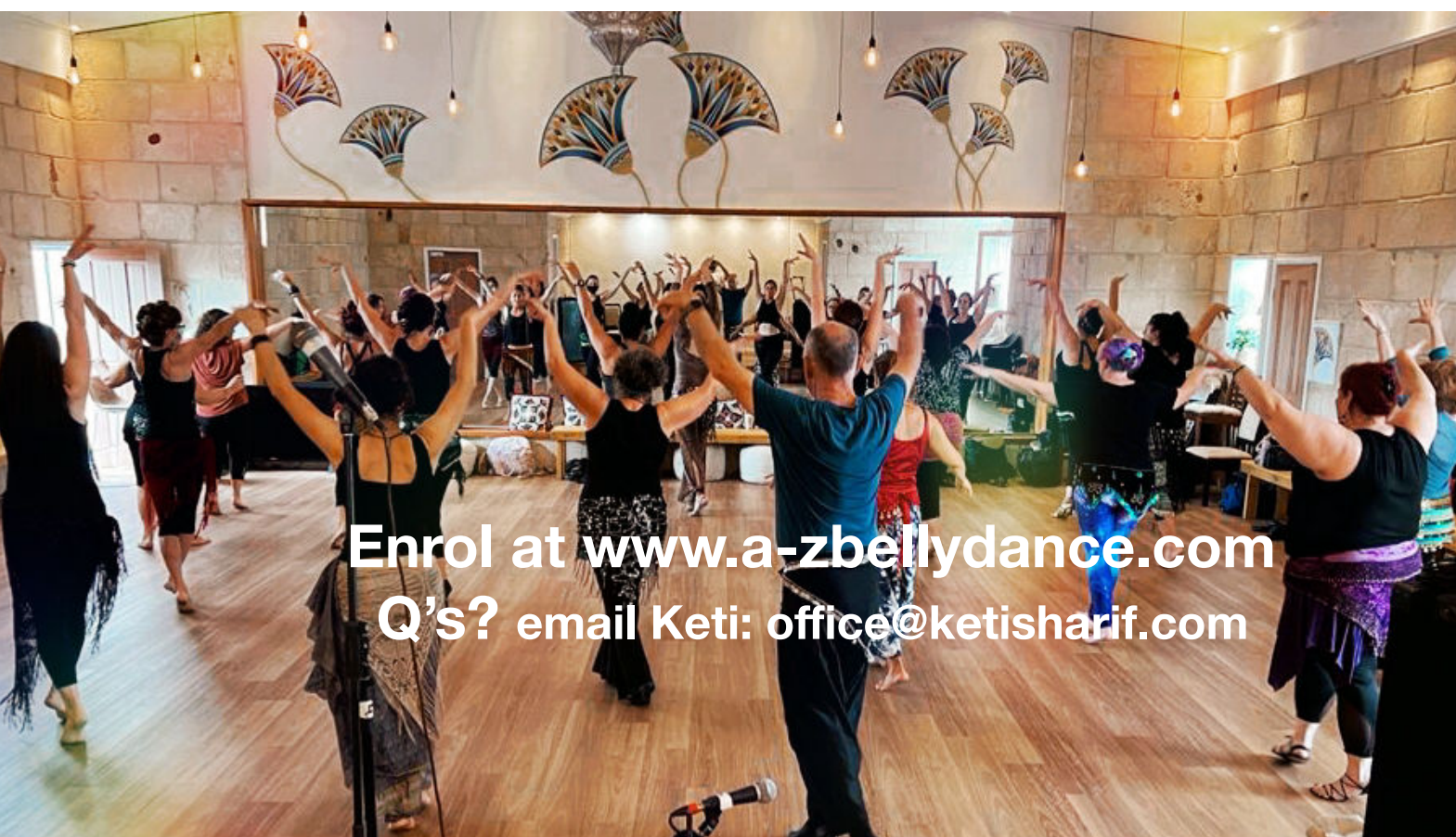
OPTIONAL EXTRAS - BOOK INTO LIVE TRAINING:

**5 x A-Z Bellydance Course Revision Weekends Held LIVE in 2025!
Attend Live in Person or Via Zoom / 2-Day Weekend Retreats for each Level**

GOOD VALUE - PAY AS YOU GO - JUST \$200 USD PER TRAINING WEEKEND

These exclusive training weekend retreats are held at Keti Sharif's dance studio at 2/23 Rudloc Rd, Morley, in Perth, Western Australia. A-Z participants who are enrolled in that Level, may join the 2-day weekend training, live in person or attend online. The online classes will also be filmed and the participants will receive all the class content which will be downloadable so that they can keep. Each weekend immersion is 10 hours in duration, and all content from the course level will be revised. These weekend workshops coincide with each Level's Exam weekend. Support and guidance for the Exam will also be offered during the workshops so participants can complete their Exams together. The revision retreats are held on a Saturday and Sunday from 10 am to 4pm.

Dates: Level 1 LIVE Revision Weekend @ Keti's Studio Rhythms and Musicality with Keti and Sam on Drums Plus Somatics with International Guest, world renowned Somatics Master & Professor, Dr Martha Eddy (USA)	6th & 7th APR	2025
Dates: Level 2 LIVE Revision Weekend @ Keti's Studio A-Z Original Choreographies, with Live Music	21st & 22nd JUN	2025
Dates: Level 3 LIVE Revision Weekend @ Keti's Studio A-Z Advanced with Stage Production of Lotus Series	13th & 14th SEP	2025
Dates: Level 4 LIVE Revision Weekend @ Keti's Studio A-Z Teacher Training and Performance/Stagecraft	25th & 26th OCT	2025
Dates: Level 5 LIVE Revision Weekend @ Keti's Studio A-Z Wellness and Fitness Program Training	6th & 7th DEC	2025



**Enrol at www.a-zbellydance.com
Q's? email Keti: office@ketisharif.com**

2025 A-Z Bellydance 5 Level Training Certification Course Calendar

WEEKLY MODULE DELIVERY, EXAMS & LIVE WEEKEND REVISION WORKSHOPS

Level 1 Foundations Feb 1			Level 2 A-Z Original Apr 12			Level 3 A-Z Advanced Jul 5			Level 4 Teaching Sep 20			Level 5 Wellness Nov 1		
January	February	March	April	May	June	July	August	September	October	November	December			
1 We	1 Sa Welcome & Introduction	1 Sa Module 1.4 120 Moves	1 Tu	1 Th	1 Su	1 Tu	1 Fr	1 Mo	1 We	1 Sa Module 5.1 Wellness	1 Mo			
2 Th	2 Su	2 Su	2 We	2 Fr	2 Mo	2 We	2 Sa Module 3.5 Adv U-Z	2 Tu	2 Th	2 Su	2 Tu			
3 Fr	3 Mo	3 Mo	3 Th	3 Sa Module 2.4 Orig P-T	3 Tu	3 Th	3 Su	3 We	3 Fr	3 Mo	3 We			
4 Sa	4 Tu	4 Tu	4 Fr	4 Su	4 We	4 Fr	4 Mo	4 Th	4 Sa Module 4.3 Performing	4 Tu	4 Th			
5 Su	5 We	5 We	5 Sa Level 1 Exam / MC Opt LIVE TRAINING	5 Mo	5 Th	5 Sa Module 3.1 Adv A-E	5 Tu	5 Fr	5 Su	5 We	5 Fr			
6 Mo	6 Th	6 Th	6 Su	6 Tu	6 Fr	6 Su	6 We	6 Sa Module 3.10 Neo Raqs	6 Mo	6 Th	6 Sa Level 5 Exam / MC Opt LIVE TRAINING			
7 Tu	7 Fr	7 Fr	7 Mo	7 We	7 Sa Module 2.9 Nawara	7 Mo	7 Th	7 Su	7 Tu	7 Fr	7 Su			
8 We	8 Sa Module 1.1 Somatics I	8 Sa Module 1.5 40 Rhythms	8 Tu	8 Th	8 Su	8 Tu	8 Fr	8 Mo	8 We	8 Sa Module 5.2 Somatics	8 Mo			
9 Th	9 Su	9 Su	9 We	9 Fr	9 Mo	9 We	9 Sa Module 3.6 Reda Drills	9 Tu	9 Th	9 Su	9 Tu			
10 Fr	10 Mo	10 Mo	10 Th	10 Sa Module 2.5 Orig U-Z	10 Tu	10 Th	10 Su	10 We	10 Fr	10 Mo	10 We			
11 Sa	11 Tu	11 Tu	11 Fr	11 Su	11 We	11 Fr	11 Mo	11 Th	11 Sa Module 4.4 Stagecraft	11 Tu	11 Th			
12 Su	12 We	12 We	12 Sa Module 2.1 Orig A-E	12 Mo	12 Th	12 Sa Module 3.2 Adv F-J	12 Tu	12 Fr	12 Su	12 We	12 Fr			
13 Mo	13 Th	13 Th	13 Su	13 Tu	13 Fr	13 Su	13 We	13 Th	13 Mo Level 3 Exam / MC Opt LIVE TRAINING	13 Th	13 Sa Graduation Concert			
14 Tu	14 Fr	14 Fr	14 Mo	14 We	14 Sa Module 2.10 Nawara	14 Mo	14 Th	14 Th	14 Tu	14 Fr	14 Su			
15 We	15 Sa Module 1.2 Somatics II	15 Sa Module 1.6 40 Rhythms	15 Tu	15 Th	15 Su	15 Tu	15 Fr	15 Mo	15 We	15 Sa Module 5.3 Pulse8	15 Mo			
16 Th	16 Su	16 Su	16 We	16 Fr	16 Mo	16 We	16 Sa Module 3.7 Reda Drills	16 Tu	16 Th	16 Su	16 Tu			
17 Fr	17 Mo	17 Mo	17 Th	17 Sa Module 2.6 Al Kawakib	17 Tu	17 Th	17 Su	17 We	17 Fr	17 Mo	17 We			
18 Sa	18 Tu	18 Tu	18 Fr	18 Su	18 We	18 Fr	18 Mo	18 Th	18 Sa Module 4.5 Career	18 Tu	18 Th			
19 Su	19 We	19 We	19 Sa Module 2.2 Orig F-J	19 Mo	19 Th	19 Sa Module 3.3 Adv K-O	19 Tu	19 Fr	19 Su Guide	19 We	19 Fr			
20 Mo	20 Th	20 Th	20 Su Easter	20 Tu	20 Fr	20 Su	20 We	20 Sa Module 4.1 Teaching	20 Mo	20 Th	20 Sa			
21 Tu	21 Fr	21 Fr	21 Mo	21 We	21 Sa Level 2 Exam / MC Opt LIVE TRAINING	21 Mo	21 Th	21 Tu	21 Tu	21 Fr	21 Su			
22 We	22 Sa Module 1.3 120 Moves	22 Sa Module 1.7 Musicality	22 Tu	22 Th	22 Su	22 Tu	22 Fr	22 Mo	22 We	22 Sa Module 5.4 Seniors & Physical Limitations	22 Mo			
23 Th	23 Su	23 Su	23 We	23 Fr	23 Mo	23 We	23 Sa Module 3.8 Lotus Series	23 Tu	23 Th	23 Su	23 Tu			
24 Fr	24 Mo	24 Mo	24 Th	24 Sa Module 2.7 AstroBelly	24 Tu	24 Th	24 Su	24 We	24 Fr	24 Mo	24 We			
25 Sa	25 Tu	25 Tu	25 Fr	25 Su	25 We	25 Fr	25 Mo	25 Th	25 Sa Level 4 Exam / MC Opt LIVE TRAINING	25 Tu	25 Th	Christmas Day		
26 Su	26 We	26 We	26 Sa Module 2.3 Orig K-O	26 Mo	26 Th	26 Sa Module 3.4 Adv P-T	26 Tu	26 Fr	26 Su	26 We	26 Fr			
27 Mo	27 Th	27 Th	27 Su	27 Tu	27 Fr	27 Su	27 We	27 Th	27 Mo Module 4.2 Teaching	27 Tu	27 Sa			
28 Tu	28 Fr	28 Fr	28 Mo	28 We	28 Sa Mid year break	28 Mo	28 Th	28 Tu	28 Tu	28 Fr	28 Su			
29 We	29 Sa	29 Sa Module 1.8 Musicality	29 Tu	29 Th	29 Su	29 Tu	29 Fr	29 Mo	29 We	29 Sa Module 5.5 Pregnancy	29 Mo			
30 Th	30 Su	30 Su	30 We	30 Fr	30 Mo	30 We	30 Sa Module 3.9 Lotus Series	30 Tu	30 Th	30 Su	30 Tu			
31 Fr		31 Mo		31 Sa Module 2.8 AstroBelly		31 Th	31 Su	31 Tu	31 Fr		31 We			