

SIN Cru Autumn Term, 2018

## Teaching Timetable

### REGULAR CLASSES AND COURSES

day	class	time	level	content	location	artist	cost
monday	<b>Bboyin</b>	4.30pm – 5.30pm	Beginners	An engaging and fun class for boys and girls up to the age of 7yrs old	United Reform Church Hall, No.1 Unthank Road, Norwich	KelFX	poa
	<b>Bboy Foundation</b>	6.30pm – 7.30pm	Open	classic and classy international bboy styles building from the roots of floorwork up to the sky with air time over Hanoi	Sidewalk, 231 Au Co, Tay Ho, Hanoi Vietnam	RascElle	100k dong
tuesday	<b>Abbey Mums</b>	9.15am – 11.15am	Open	with Menagerie Theatre Company, drama, creative, physical theatre, writing	Abbey Meadows Community Wing, Galfrid Road Cambridge CB5 8ND	Lucy Crowe	free for mums living in Abbey
	<b>Weekly Wellness</b>	4.15pm – 5.15pm	Open	working from a yoga base with mindfulness and breathing exercises for de-stressing, health, and wellbeing	The Dance Studio, Chesterton Community College, Gilbert Road, Cambridge CB4 3NY	Lucy Crowe	free for Chesterton Community College staff
wednesday	<b>Le Breakdance</b>	3.30pm – 4.45pm	Beginners	Nextape style for 8–10yrs	177 rue de la Jonquilles 38660 La Rochette, France	Geo	€180 for the year
		4.45pm – 6.00pm		Nextape style for 10–12yrs			
	<b>Le Breakdance</b>	6.00pm – 7.30pm	General	Nextape style for 12–14yrs	177 rue de la Jonquilles 38660 La Rochette, France	Geo	€200 for the year
		7.30pm – 9.00pm		Nextape style for 14–18yrs			
thursday	<b>Le Breakdance</b>	4.15pm – 5.45pm	Beginners	Nextape style for 8–10yrs	24 rue du Grésivaudan, 38540 Theys, France	Geo	€210 for the year
		4.45pm – 7.15pm		Nextape style for 10–13yrs			

		7.15pm – 8.45pm	General	Nextape style for 13–17yrs			
friday	<b>Bboyin</b>	5.00pm – 6.00pm	Open	a general class suitable for children and young people aged 7–18yrs old	The Garage 14 Chapel Field Norwich NR2 1NY	KelFX	poa
	<b>Le Breakdance</b>	5.00pm – 6.00pm	Beginners	Nextape style for 10–12yrs	Allée des Alliés, 38530 Allevard, France	Geo	€160 for the year
		6.00pm – 7.15pm		Nextape style for 12–14yrs			€170 for the year
		7.15pm – 8.45pm	General	Nextape style for 14–16yrs		Geo	€180 for the year
		8.45pm- 10.15pm		Nextape style for 16–18yrs			
saturday	<b>Junior Bboyin</b>	1.00pm – 2.00pm	Open	for 11-18yrs old, something for everyone. Ability is no obstacle as the class is tailored to everyone's needs	OPEN 20 Bank Plain Norwich, NR2 4SF	KelFX	FREE
	<b>Groundbreakerz</b>	3.00pm – 4.00pm	Open	traditional bboy foundations, choreography and exam prep	ESDA St Benedict's School, Eaton Rise, Ealing W5 2ES	Twista	£84 p/term
sunday							

## ONE-OFF WORKSHOPS

date	class	time	level	content	location	artist	contact
Monday 3 <sup>rd</sup> Wednesday 5 <sup>th</sup> Saturday 8 <sup>th</sup> September	<b>Short Sharp Shock:</b> <i>performance project</i>	4.30pm – 6.30pm (Sat 2.00pm – 4.00pm)	Youth Dance	technique, creative, play, choreography	St Giles Church Castle Street Cambridge CB3 0AQ	TrubLroC	<a href="mailto:education@sincru.co.uk">education@sincru.co.uk</a>
Tuesday 4 <sup>th</sup> Sept	<b>Bboyin</b>	1.30pm – 2.30pm	Youth Dance	technique, creative	The Croft Child and Family Unit, Ida Darwin Fulbourn CB21 5EE	TrubLroC	<a href="mailto:education@sincru.co.uk">education@sincru.co.uk</a>

*Note all entries are subject to change. Please contact [education@sincru.co.uk](mailto:education@sincru.co.uk) for further information.*