

SIN Cru Winter Term, 2020

## Teaching Timetable

### REGULAR CLASSES AND COURSES

day	class	time	level	content	location	artist	cost
monday							
tuesday	<b>Le Bboying</b>	5.30pm – 7.00pm	Intermediate	Nextape style. French traditions and innovation	90 Allée des Grillons 73110 La Rochette, France	Geo	€200 for 30 sessions
		7.00pm – 8.30pm					
wednesday	<b>Wellness</b>	4.30pm – 5.30pm	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	free for Chesterton Community College staff
	<b>Le Bboying</b>	3.00pm – 4.30pm	Intermediate	Nextape style. French traditions and innovation	Complexe Sportif 38830 Crets en Belladone, Allevard, France	Geo	€180 for 30 sessions
		4.30pm – 6.00pm					
6.00pm – 7.30pm							
thursday							
friday							
saturday	<b>Unbreakable</b>	3.00pm – 4.00pm	General	For ages 7yrs and over, traditional bboy foundations, and choreographed routines	ESDA Montpelier Primary School, Ealing London W5 2QT	Twista	£96 p/term
sunday							

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