



Blue Lotus Room

SPRING SEASON CLASSES

COMMENCING OCT 9TH 2024 @ BLUE LOTUS ROOM

All Spring Classes are held at Studio 2/23 Rudloc Rd Morley & are also available via Zoom. Buy your class pass below!
** Please note: Students who are New to bellydancing are encouraged to attend 4 x Sun Beginner's classes first.

Monday Nights

- 5:30pm Somatica** (Keti)
- 6:15pm Musicality Mondays Bellydance** (Keti & drums Sam)
- 7:15pm Arabic Drumming** (Sam)

Wednesday Nights

- 5:30pm Somatica** (Keti)
- 6:15pm Pulse8 Bellydance Fitness** (Keti)
- 7:15pm Advanced Bellydance for Performance** (Keti)

Saturday Mornings

- 8:15am Somatica** with Keti
- 9:00am Pulse8 Bellydance Fitness** w/Keti
- 10:00am Baladi & Saïdi Assaya** w/Keti

Sunday Mornings

- 9:15am Somatica** (Keti)
- 10:00am Beginner's Bellydance** (Keti)
- 11:00am *Arabic Drum Intensive** (Sam)
This is a two hour class

Keti's new 'Wellness' Class descriptions:

Somatica: A slow, focused blend of Somatic (internal) Bellydance moves, tonifying "organ flow" Qi Gong, and Pilates with matwork and resistance band, set to beautiful ambient music, for muscle tone, strength and wellbeing.

Pulse8 Bellydance Fitness: An energetic cardio workout with 45 minutes of modern, uptempo club bellydance hits featuring Keti's A-Z & AstroBelly sequences in group formation - learn drills, develop skills and get fit!

Purchase Your Class Pass Online or at the Studio

All 45 min and 1 hour sessions are included on your Class Pass, validity 2 months Oct 9-Dec 9, 2024:

Casual Class \$30 4 Session Pass \$110 (\$27.50 p/class) 8 Session Pass \$200 (\$25 p/class) 12 Session Pass \$270 (\$22.50 p/class)

