IGNITE DANCE STUDIO

SABOD MODERN & HIP-HOP

9 November 2026

PRELIMANARY CLASS TIMES – 2027

VENUES:

IDS STUDIO (including CAEIA):

Our own studio on the premises of NG Lynnwoodrif, 269 Lancia Street, Lynnwood Ridge. The CAEIA is situated inside the Ouditorium on the church premises.

TRINITY CHURCH

We use the church hall on the premises of Trinity Church, 459 Lovers Walk, Lynnwood. Please use the entrance opposite Laerskool Lynnwood Primary School in Mimosa Avenue.

LYNNWOOD SCHOOL HALL & ROOM 11

Located on the premises of Laerskool Lynnwood, 450 Rodericks Road, Lynnwood. Room 11 is situated on the first floor, next to the School Hall.

SCOUTS HALL (DSP):

On the premises of Deutsche Internationale Schule Pretoria, Simon Vermooten Road, The Willows.

MONDAY

IDS STUDIO (LYNNWOODRIF)		**SCHOOL HALL (LYNNWOOD PRIMARY)**	
14:15-15:15	Private Hip Hop class (LW)	14:30-15:30	** Gr 12 Acro & Strengthening Class*
15:15-15:45	Private Hip Hop class (LvW)		
15:45-16:45	Level 5 Hip Hop Boys	16:15-17:15	Grade 12 Modern
16:45-17:45	Level 5 Hip Hop Girls	17:15-18:15	Grade 11 Modern
** The OPEN Hip-Hop classes are additional enrichment and do not form part of the normal dance syllabus. These classes are for dancers who want to improve their Hip-Hop technique and learn more about different styles. These classes are compulsory for Hip-Hop competition dancers. Parents may contact the IDS teachers for participation.*		**TRINITY CHURCH STUDIO**	
		17:15-18:15	** OPEN Junior Hip Hop*
		18:15-19:15	** OPEN Senior Hip-Hop*
		19:15-20:00	** OPEN Freestyle Hip-Hop*

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TUESDAY

IDS STUDIO (LYNNWOODRIF)		DSP SCHULE (SCOUTS HALL)	
14:20 - 15:20	Level 12 Hip Hop	14:30-15:00	Gr R-2 Hip-Hop
15:20 - 16:20	Grade 12 Modern	15:00-15:45	Gr 3-5 Hip-Hop
16:20 - 17:20	Grade 8 Modern	15:45-16:30	Beginners Modern Gr 4-Up
		16:30-17:15	Gr 6-Up Hip-Hop
TRINITY CHURCH STUDIO			
17:15 - 18:30	OPEN Senior Modern class		
18:30 – 19:30	Senior Modern Competion session		

WEDNESDAY

IDS STUDIO (LYNNWOODRIF)		SCHOOL HALL (LYNNWOOD PRIMARY)	
14:30 - 15:30	Grade 8 Modern	16:00 - 16:45	OPEN Hip Hop (ES)
15:30 - 16:30	Grade 9 Modern	16:45 - 17:45	Adult Beginner Modern
16:30 - 17:30	**Acro & Strengthening Class High school*		
17:30-19:30	Senior Hip Hop Competition session		

** The Acro & Strengthening classes are additional enrichment and do not form part of the normal dance syllabus. These classes are especially for modern dancers who want to improve their flexibility and strength. These classes are compulsory for Modern competition dancers. Please contact IDS for a separate registration form if you are interested*

THURSDAY

IDS STUDIO (LYNNWOODRIF)		LYNNWOODRIF CAEIA	
14:30 - 15:30	Grade 11 Modern		
15:30 - 16:30	Level 9 Hip Hop	15:30-16:30	Private Hip Hop (ES)
16:30 - 17:30	Grade 9 Modern	16:30-17:30	**Acro & Strengthening Class Seniors*
17:30 - 18:30	**Acro & Strengthening Class Seniors*		

Teachers Tasha le Roux

Clarissa Meyer and MJ Smit

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