Prelude Dance For You

2026 Timetable

We have a range of classes available for Adults. Our General classes are for anyone over 18 years old. Our In Motion classes are a gentler class tailored for those over 55 years of age or with a disability or injury that restricts jumping and faster movements.

► We encourage people with all levels of experience to join our classes, even no experience. Those with more experience will be provided with opportunities to do more challenging versions of exercises.

► You can be under 55 and still join our In Motion Ballet or Jazz class, however be aware it is a slower paced class.

► You can be over 55 and enjoy our Dance Fitness, Tap or General Ballet class. Just be aware that we move at a faster pace and jumping is included in these classes.

	Monday	Wednesday	Thursday
General	6:15-7pm Dance Fitness		6:45-7:45pm PDFY Ballet
	7:10-7:55pm Tap		
In Motion Classes	11-12pm In Motion: Ballet	10-10:45am In Motion: Jazz	Last Updated: 14/05/26

You have the option of choosing to attend classes Casually or pay per Term.

Casual Class/Introductory Class: $20.50 per class plus online processing fees 1.81%. This payment will be processed at sign up.

To join us in 2026 go to: https://app.gostudiopro.com/online/prelude

If you have any questions please contact the office on 0402 358 132 or admin@preludedancecentre.com.au