

## **Nardhana Class Schedule for 2024-2025 at Synergy Gymnastics, Malvern**

### **Schedule for Mondays (Tentative)**

6:00 pm – Basic Steps

6:15 pm - Advanced Steps

6:30 pm – Adult Students – Beginners & Juniors

### **Schedule for Wednesdays**

4:45 pm – Shabdham, Jathiswaram, Alarippu, Advanced Steps

5:00 pm - Anjali, Mamavathu, Thillana

5:15 pm - Beginner steps

5:30 pm – Juniors

6:00 pm – Intermediates

6:15 pm – Intermediates & Seniors

### **Schedule for Sundays**

9:00 am – Seniors & Intermediates

9:30 am – Intermediates

10:00 am – Intermediates & Juniors

10:15 am – Juniors

10:30 am - Thillana, Mamavathu, Anjali, Shabdham

11:00 am – Jathiswaram, Alarippu & Advanced Steps

11:15 am - Beginner steps