

2025 Timetable

info@jamfox.co.za / 083 445 3033



ALL DANCERS / FITNESS CLIENTS MUST PLEASE ARRIVE 10 / 5 MIN BEFORE EACH CLASS

PLEASE INFORM US VIA WHATSAPP IF YOU ARE NOT ABLE TO ATTEND CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	ADVANCED HIP HOP 09:00 – 09:45 (45 Min) PRIVATE CLASS SOLO PERFORMER HIP HOP 09:45 – 10:45 (60 MIN) PRIVATE CLASS		MODERN ASSOCIATE 1 B 09:00 – 10:30 PRIVATE CLASS		SATURDAY ARE RESERVED FOR WORKSHOPS, FUNCTIONS AND OCCASIONAL PRIVATES.
MODERN TWEENS AGE 9-12 15:30 – 16:15 (45 MIN)		MODERN TWEENS AGE 9-12 15:30 – 16:15 (45 MIN)	HH ASSOCIATE 1 A 10:30 – 12:30 PRIVATE CLASS		
MODERN PRIMARY SCHOOL AGE 6 – 8 15:30 – 16:15 (45 MIN)	JUNIOR JAZZ (Option 1) AGE 9-12 15:30 – 16:15	MODERN PRIMARY SCHOOL AGE 6 – 8 15:30 – 16:15 (45 MIN)	JUNIOR JAZZ (Option 2) AGE 9-12 15:30 – 16:15	HIP HOP PRIMARY SCHOOL (AGE 9-12) (2) 17:00 – 16:15 (45 MIN)	
MODERN YOUNG TEENS & TEENS: AGE 13 - 17 16:15 – 17:00 (45 MIN)	MODERN STEPPING STONE AGE 6-8 16:15 – 17:00	MODERN YOUNG TEENS & TEENS: AGE 13 - 17 16:15 – 17:00 (45 MIN)	HIP HOP YOUNG TEENS & TEENS AGE 13 - 18 16:00 – 17:00 (60 MIN)	JUNIOR JAZZ (option 3) AGE 9-12 16:00 – 17:00 (60 MIN)	
HIP HOP PRIMARY SCHOOL (1) (AGE 9-12) 17:00 – 16:15 (45 MIN)	HIP HOP STEPPING STONE AGE 6-8 17:00 – 17:45	HIP HOP TWEENS AGE 13 & OLDER 17:00 – 17:45	MODERN TODDLER CLASS AGE 3 – 5 17:00 – 17:30 HIP HOP TODDLER CLASS AGE 3 – 5 17:30 – 18:00	SENIOR JAZZ AGE 13 & OLDER 17:00 – 18:00 (60 MIN)	
JAMFOX ZUMBA FITNESS 18:00 – 18:45		Contemporary Teens & Young Adults (Age 13 - 18) 17:45-18:45	PILOXING FITNESS WITH THUTO 18:00 – 18:45		

WATERKLOOF GLEN STUDIO

MONDAY	Modern Tweens (Age 9 – 12) Modern Grade 1 (Age 6 – 8) Modern Young Teens & Teens (Age & 18) Hip Hop Tweens (Age 9 – 12) (Option 1) Zumba Fitness (All Ages)	14:45 – 15:30 15:30 – 16:15 16:15 – 17:00 17:00 – 17:45 18:00 – 18:45
TUESDAY	Hip Hop Advanced (Pvt) Hip Hop Solo Performer (Pvt) Jazz Junior (Age 9-12) (Option 1) Modern STEPPING STONES (Age 6 – 8) Hip Hop STEPPING STONES (Age 6-8)	09:00 – 09:45 09:45 – 10:45 15:30 – 16:15 16:15 – 17:00 17:00 – 17:45
WEDNESDAY	Modern Tweens (Age 9 – 12) Modern Grade 1 (Age 6 – 8) Modern Young Teens & Young Adults (Age 13 - 18) Hip Hop Teens & Young Adults (Age 13- 18) Contemporary Teens & Young Adults (Age 13 - 18)	14:45 – 15:30 15:30 – 16:15 16:15 – 17:00 17:00 – 17:45 17:45 – 18:45
THURSDAY	Modern Associates 1B (Pvt) Hip Hop Associate 1A Jazz Junior (Age 9-12) (Option 2) Hip Hop Young Teens & Young Adults (Age 13 - 18) Modern Tiny Tots (Age 3-5) (Option 1) Hip Hop Tiny Tots (Age 3 – 5) (Option 1)	09:00 – 10:30 10:30 – 12:30 15:15 – 16:00 16:00 – 17:00 17:00 – 17:30 17:30 – 18:00
FRIDAY	Modern Tiny Tots (Age 3-5) (Option 2) Hip Hop Tiny Tots (Age 3 – 5) (Option 2) Hip Hop Jazz Senior (Age 13 – Older)	16:00 – 16:30 16:30 – 17:00 17:00 – 18:00