

ZOUK CLASS LEVELS EXPLAINED

To create the best learning experience for everyone, our Zouk Structure and Flow classes are organised into levels. Each level is completed with a short and relaxed test, which is designed to support you, and help you land in the class where you'll feel both comfortable and inspired. (Additionally all of our classes include embodiment and partner connection.)

Tests ensure that everyone in class shares a similar foundation, which makes classes flow smoothly, partnerships feel safe, and learning much more effective. They also give you clear feedback on your progress and a sense of achievement as you move forward. Each test focuses on one role (Leader or Follower), so it's completely normal to be at different levels in each role. Progressing step by step helps build strong fundamentals that you can truly rely on.

The test fee is CHF 25, which covers the instructor's time and attention during the assessment. We see the tests as a supportive checkpoint on your journey, a moment to pause, integrate, and step into the next level with clarity and confidence.

