



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00-9:45am Ballet/Jazz Age 3-4 Paige	
9:45-10:30am Ballet/Jazz Age 3-4 Paige	9:30-10:15am Kinder Acro Dance Age 4-5 Nicole	9:15-10:15am Stretch with ME! Heather	9:45-10:45am Move With Me Kelly		10:00-10:45am Ballet/Jazz Level 2 (Age 6-7) Paige	
10:50-11:50am Work Out with Me Postnatal Kelly		10:30-11:30am Move With Me Kelly	11:00-11:45am Toddler Acro (age 2-4) Raquel		11:00-12:00pm Conditioning Kelly	10:00-11:00am Prenatal Yoga Class Lindsey
12:05-12:50pm Conditioning Kelly	12:05-12:50pm Stretch Nicole	11:45-12:45pm Work Out with Me Postnatal Kelly	12:05-12:50pm All Levels Yoga Kimberly		12:00-12:45pm Toddler Acro Age 2-4 Raquel	11:15-12:15pm Yoga with Me Postnatal Lindsey
			1:15-2:00pm Kinder Acro Dance (age 4-5) Raquel		1:00-1:45pm Kinder Acro Dance Age 4-5 Nicole	
					2:00-3:00pm Acro Dance Age 5-8 Nicole	
					3:15-4:15pm Acro Dance Age 9-15 Nicole	
	5:00-5:45pm Toddler Acro Age 2-4 Raquel	4:00-4:45pm Conditioning Kim				
4:30-5:30pm Acro Dance Age 5-8 Nicole	5:00-5:45pm Ballet/Jazz Level 1 (Age 4-5) Paige	4:45-5:45pm Prenatal Work out with Me Heather				
5:45-6:45pm Level 1 Acro Age 9-15 Nicole	6:00-7:00pm Beginner Kettle Bell Paige	6:00-7:00pm Zumba® Gold Heather	6:00-6:45pm Family Yoga Age 4+ Raquel			
7:00-8:00pm Teen AcroYoga Age 9+ Raquel	7:15-8:15pm Intermediate Kettle Bell Paige	7:15-8:15pm Prenatal Yoga Class Lindsey	7:00-8:00pm Acro Dance Age 9-14 Raquel			
	8:30-9:30pm POUND® Kelly/Paige		8:15-9:15pm Ying Yang Yoga Lindsey			

14 WEEK SESSION

Mar. 25- June 30 2019



We Move

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