



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:45-7:45am Sunrise Yoga Group Ex	7:00-8:00am Deepak Chopra Yoga	6:45-7:45am Sunrise Yoga Group Ex	7:00-8:00am Deepak Chopra Yoga	8:00-9:00am Enhanced Fitness	8:00-9:00am Sunrise Yoga Group Ex
9:00-11:00am Private Rental	8:00-9:00am Enhanced Fitness	9:00-12:00pm Specialty Camp Dance/Gymnastics/ Cheer	9:00-12:00pm Specialty Camp Dance/Gymnastics/ Cheer	9:00-12:00pm Specialty Camp Dance/Gymnastics/ Cheer	9:00-12:00pm Specialty Camp Dance/Gymnastics/ Cheer	9:15-10:00am Open
	9:00-12:00pm Specialty Camp Dance/Gymnastics/ Cheer	3:30-4:30pm Pre-School Gymnastics				10:05-11:05am Dance Ages 4-5
	5:00-5:45pm Get Fit Kids Ages 8-12	5:00-5:30 pm Dance Ages 2.5-3		5:00-5:30pm Move and Groove (Parent Child Class)		11:15-12:00pm Dance Age 3-4
	6:00-6:45pm Yogalates Group Ex	5:30-6:15pm Dance Ages 3-4		5:30-6:15pm Ballet Ages 6-8	6:45-7:30pm Family Zumba	12:30-1:15pm Hip Hop Kidz Ages 6-8
	6:45-7:15pm Meditation Group Ex	6:15-7:15pm Dance Ages 4-5	6:00-7:00pm Intermediate Gymnastics	6:30-7:15pm Zumba Toning Group Ex		
	7:30-8:15pm Zumba	7:30-8:15pm Tae Kwon Do Ages 13+	7:30-8:15pm Tae Kwon Do Ages 13+	7:15-8:15pm Yoga Group Ex		

Summer