



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-11:00am Private Rental	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	10:15-11:15am Enhanced Fitness	8:00-9:00am Sunrise Yoga Group Ex
	10:15-11:15am Enhanced Fitness	8:15am-12:00pm Child Care		8:15am-10:30am Child Care		9:15-10:00am Bailando Kids Ages 6-8
	11:15am-12:00pm Child Care	3:30-4:30pm Pre-School Gymnastics		11:00-11:45am Kids Yoga	11:15am-12:00pm Child Care	10:05-11:05am Dance Ages 4-5
	3:00-4:15pm Child Care	4:30am-5:00pm Child Care	3:30-4:00pm Dance Ages 2.5-3	3:00-5:00pm Child Care	3:00-5:30pm Child Care	11:15-12:00pm Dance Age 3-4
	5:00-5:45pm Get Fit Kids! Ages 8-12	5:00-5:30 pm Dance Ages 2.5-3	4:00-4:45pm Dance Ages 3-4	5:00-5:30pm Music and Creative Movement		12:30-1:15pm Hip Hop Kidz Ages 6-8
	6:00-6:45 Yogalates Group Ex	5:30-6:15pm Dance Ages 3-4	4:45-5:45pm Dance Ages 4-5	5:30-6:15pm Ballet Ages 6-8	6:45-7:30pm Family Zumba	
	6:45-7:15pm Meditation 101 Group Ex	6:15-7:15pm Dance Ages 4-5	6:00-7:00pm Intermediate Gymnastics	7:15-8:15pm Yoga		
	7:30-8:15pm Zumba	7:30-8:15pm Tae Kwon Do Ages 13+	7:30-8:15pm Tae Kwon Do Ages 13+			

**Winter**