



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STUDIO SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-9:00am Enhanced Fitness	7:00-8:00am Deepak Chopra Yoga		7:00-8:00am Deepak Chopra Yoga	8:00-9:00am Enhanced Fitness	8:00-9:00am Sunrise Yoga Group Ex
	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	9:00-12:00pm Specialty Camp Dance/Gymnastics/ Cheer	9:15-10:00am Jazz Ages 6-8
		3:30-4:30pm Pre-School Gymnastics				10:05-11:05am Dance Ages 4-5
	4:30-5:15pm Kids Vocal Lessons	5:00-5:30 pm Dance Ages 2.5-3		5:00-5:30pm Music and Movement		11:15-12:00pm Dance Age 3-4
	5:30-6:30pm Teen Vocal Lessons	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
	6:30-7:30pm Gymnastics Advanced	6:15-7:15pm Dance Ages 4-5	6:00-7:00pm Intermediate Gymnastics	6:15-7:00pm Barre Intensity 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+	7:15-8:00pm HIIT Fit Group Ex		

Summer