



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 Jazz 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 Boot Camp 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 All Abs Group Ex | 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 | 7:15-8:15pm Advance Dance Ages 9-11 | 7:30-8:15pm Tae Kwon Do Ages 13+ | 7:15-8:15pm Yoga | | |

Fall 2