

TUESDAY MORNING

9:00 ADVANCED BALLET

9:00 YOGA FOUNDATIONS

10:15 BEGINNING BALLET

10:15 MAT PILATES

11:30 JAZZ AND MODERN

11:30 FUNCTIONAL FITNESS

WEDNESDAY MORNING

9:00 BEGINNING BALLET

9:00 ADVANCED YINYASA FLOW

10:15 INTERMEDIATE BALLET

10:15 BARRE

10:15 SENIOR FITNESS

11:30 DANCE CARDIO

11:30 VINYASA FLOW

OTHER BALLET CLASSES

BEGINNING BALLET MONDAY 8:00 PM, TUESDAY 8:15 PM, SATURDAY 10:30 AM

INTERMEDIATE BALLET THURSDAY 8:00PM

ADVANCED BALLET SATURDAY 9:00 AM