

ADULT CLASSES



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BALLET 8:00-8:55	BARRE 9:00-9:55			BARRE 8:00-8:55	BODY PUMP LES MILLS 8:55-9:45
		LYRICAL 13:00-13:55		BEST OF THE WEEK 12:00-12:55	BODY COMBAT LES MILLS 9:45-10:30
TAP - BEGINNERS 17:45-18:40	DANCE FIT 18:45-19:40		MUSICALS 17:45- 18:40	BODY BALANCE LES MILLS 13:00-13:55	MODERN DANCE 10:30-11:20
BROADWAY 18:45- 19:40	TAP - INTERMEDIATE 18:45-19:40	BODY BALANCE LES MILLS 18:45-19:40	BODY PUMP LES MILLS 18:45-19:40		PILATES 11:20-12:15
PILATES 18:45-19:40	LYRICAL 19:45-20:40				
	TAP - ADVANCED 19:45-20:40				