

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 <small>LES MILLS</small> 8:55-9:45
	BODY BALANCE <small>LES MILLS</small> 12:30-13:25	LYRICAL BALLET 13:00-13:55		BEST OF THE WEEK 12:00-12:55	BODY COMBAT <small>LES MILLS</small> 9:45-10:30
	TAP (ABSOLUTE BEGINNERS) 18:10- 18:40			BODY BALANCE <small>LES MILLS</small> 13:00-13:55	
BALLROOM BEATS 17:45-18:40	ZUMBA 18:45-19:40		MUSICALS WORKOUT 17:45- 18:40		
DANCE WORKOUT 18:45- 19:40	TAP (BEGINNER/ INTER.) 18:45-19:40	BODY BALANCE <small>LES MILLS</small> 18:45-19:40	BODY PUMP <small>LES MILLS</small> 18:45-19:40		
PILATES 18:45-19:40	LYRICAL JAZZ 19:45-20:40				
	TAP (INTER./ADVANCED) 19:45-20:40				

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