



OUR WEEKLY SCHEDULE

February 2019

* Classes that require reservation
 ■ Yoga Classes ■ Dance Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 - 7.00PM Ballet Kids 3-5yrs <i>with Nada</i>	6.00 - 7.00PM * Aerial Yoga Open Level <i>with Lea</i>	6.00 - 7.00PM Ballet Kids 6-11yrs <i>with Nada</i>	5.30 - 6.30PM Salsa Teens <i>with Rita</i>	7.00 - 8.00PM * Aerial Dance <i>with Lea</i>	12.00 - 1:00 PM Ballet Kids 6-11yrs <i>with Nada</i>	6.00 - 7.00PM * Aerial Yoga Open Level <i>with Lea</i>
6.00 - 7.00PM * Hatha Yoga (Pregnant Friendly) <i>with Duna</i>	6.30 - 7.30PM Salsa Beginners <i>with Wassim</i>	6.00 - 7.00PM Zumba <i>with Eliane</i>	6.30 - 7.30PM Salsa Beginners <i>with Wassim</i>	7.00 - 8.30PM Vinyasa Flow <i>with Jenny</i>		7.00 - 8.30PM Power and Restore <i>with Lea</i>
7.00 - 8.00PM Lady Styling <i>with Rita</i>	7.15 - 8.15PM Heated Power Flow <i>with Lea</i>	7.00 - 8.30PM Hatha Yoga <i>with Aboudi</i>	6.30 - 8.00PM Evening Yoga <i>with Samer</i>			
7.00 - 8.30PM Restorative Vinyasa <i>with Tatiana</i>	7.30 - 8.30PM Salsa Improvers <i>with Wassim</i>	7.15 - 8.15PM * Aerial Dance <i>with Lea</i>	7.30 - 8.30PM Salsa Improvers <i>with Wassim</i>			
8.00 - 9.00PM Ballet Adults Beginners <i>with Nada</i>	8.15 - 9.15PM Deep Stretching <i>with Lea</i>	8.15 - 9.45PM Acro Yoga <i>with Aboudi & Lea</i>	8.30 - 9.00PM Modern Jazz Meets Burlesque <i>with Nada</i>			
8.30 - 9.30PM * Aerial Yoga Open Level <i>with Amanda</i>	8.30 - 9.30PM Ballet Adults Improvers <i>with Nada</i>	8.30 - 9.30PM Core Vinyasa <i>with Jenny</i>	8.30 - 9.30PM Aerial Yoga Level 2 <i>with Lea</i>			
			9.00 - 10.00PM Tango Beginners <i>with Mina and Hadi</i>			

meraki (μερακι)

(n.) the soul, creativity, or love put into something;
 the essence of yourself that is put into your work.

DANCE & YOGA STUDIO