


Our Weekly Schedule -May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.30 - 7.15am Pre-work Flow	6.30 - 7.15am Pre-work Flow	6.30 - 7.15am Pre-work Flow	6.30 - 7.15am Pre-work Flow	6.30 - 7.15am Pre-work Flow	10.00 - 11.00am Morning Flow	10.00 - 11.00am Soft Aerial Flow
5.00 - 6.00pm Aerial Dance Kids (11-15 yrs)	6.00 - 7.00pm Aerial Yoga Level 2	6.00 - 7.00pm Ballet Kids 6-11 Years Old	9.00 - 10.00am Aerial Yoga	7.00 - 8.00pm Aerial Dance	10.00 - 11.00am Ballet Kids	
6.00 - 7.00pm Aerial Yoga Level 1	6.30 - 7.30pm Salsa Beginners	6.00 - 7.00pm Zumba	5.00 - 6.00pm Salsa Teens		11.00 - 12.00pm Mommy & Me 2.5-5 Years Old	
7.15 - 8.15pm Lady Styling	7.30 - 8.30pm Salsa Improvers	7.00 - 8.30pm Hatha Yoga	6.30 - 7.30pm Ballet Kids 3-5 Years Old		12.00 - 1.00pm Aerial Yoga Level 1	
7.00 - 8.30pm Ashtanga	7.15 - 8.15pm Heated Power Flow	7.15 - 8.15pm Aerial Dance	6.30 - 7.30pm Salsa Beginners			
8.00 - 9.00pm Flow Hoop Dance	8.15 - 9.15pm Stretching Adv.	8.15 - 9.45pm AcroYoga	7.30 - 8.30pm Salsa Improvers			
9.00 - 10.00pm Ballet Adults Beginners	9.15 - 10.15pm Aerial Yoga Level 1	8.30 - 9.30pm Burlesque meets Modern Jazz	7.30 - 9.00pm Ashtanga			
	9.00 - 10.00pm Ballet Adults Improvers					

 Yoga
Classes

 Dance
Classes

N.B.: Aerial Yoga and Dance classes require reservation

