Dance Schedule

STUDIO 1

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday										Belly Dance Fitness (Adults)	Junior Jazzercise (12 - 18)	Jazzercise (Adults)	
Tuesday										Hip-Hop (Adults/Teens)	Capoeira (Kids)	Capoeira (Adults/Teens)	
Wednesday	Latin Cardio Jam (Seniors)	Goddess Body Conditioning (Adults)								Street Jazz (Kids)	Goddess Body Conditioning (Adults)	KPopDan-Z Fitness (Adults)	Latin American (Adults)
Thursday										Hip-Hop (Kids)	K-Pop (Teens)	K-POP (Adults)	
Friday													
Saturday		Capoeira (Kids)	Capoeira (Adults/Teens)					Junior Jazzercise (6 - 11)					
Sunday					KPopDan-Z Fitness (Kids)	Hip-Hop (Kids)							

STUDIO 2

	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm
Monday										Tahiti Dance Fitness (5-12)	Tahiti Dance Fitness (Adults/Teens)		
Tuesday		Tahiti Dance Fitness (Seniors)		Pilates (Adults)						Brazilian Samba Fitness (Adults)		CSTD Ballet Grade 6	
Wednesday								CSTD Pre-Ballet	CSTD Primary Ballet	CSTD Ballet Grade 1	CSTD Ballet Grade 2	CSTD Ballet Grade 3	
Thursday										Lyrical Jazz (Adults)			
Friday													
Saturday							Children's Dance Party						
Sunday													