

Here it is!!!

Our 2019/2020 Adult fall/winter class schedule begins Monday Sept 9th!

Please make note of the changes!

MONDAYS:

9:30AM- Barre Burn, Studio B
Noon- Lunch Hour Flow- All levels vinyasa, Studio A
6:30pm- Power Vinyasa non heated, Studio B
6:45pm- Jazz Funk Combo, Studio A
7:50pm- Jazz/Technique, Studio A

Tuesdays:

9:30AM- Gentle Beginner Flow, Studio A
6PM- Barre Sculpt, Studio B
7:10PM- Adult Ballet, Studio B. **NEW CLASS!!**

Wednesdays:

9:30AM- Barre Sculpt, Studio B
Noon- Lunch Hour Flow- All Levels Vinyasa, Studio A
6:30PM- Hip Hop Vinyasa Non Heated, Studio B
6:30PM- Adult Contemporary, Studio A
7:35pm- Adult Hip-Hop, Studio A. **New Class!!**

Thursdays:

9:30AM- Hot Hour- All Levels, Studio A
6PM- Barre Burn, Studio B

Fridays:

6:30PM- Adult Moulin Rouge Burlesque, Studio A. **New Class!!**

Saturday:

8:15AM- Barre Fusion, Studio B. **New Class!!**
9:30AM- Buti Flow, Studio B. **New Class!!**
11AM- Barre Sculpt, Studio B
Noon- Hot Hour- All Levels Vinyasa, Studio A

Sundays:

Noon- Hot Hour- All levels Vinyasa, Studio A

