

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## STUDIO 1

7-8:30pm  
**Adult  
Contemporary**

10:15-11:45am  
**Senior Ballet  
60Y+**

9:30-11am  
**Adult Ballet  
Beginner**

9:30-11:00am  
**Adult Ballet  
Intermediate**

11-12:30pm  
**Adult Ballet  
Variations**

9:30-11AM  
**Adult  
Chinese Dance**

1:30-3pm  
**Adult Ballet  
Intermediate**

3-4:30pm  
**Adult Ballet  
Variation**

## STUDIO 2

7-8:30pm  
**Adult Ballet  
Introduction**

7-8:30pm  
**Adult Ballet  
Beginner**

9:30-11am  
**Adult Ballet  
Introduction**

7-8:30pm  
**Adult Ballet  
Pre- Intermediate**

2-3:30pm  
**Adult Ballet  
Introduction**

## STUDIO 3

10-11:30am  
**Adult  
Chinese Dance**

7:30-9pm  
**Adult Ballet  
Stretch**

6:30-8pm  
**Adult  
Chinese Dance**

9:30-11am  
**Adult Ballet  
Stretch**

3-4:30PM  
**Adult Ballet  
Beginner**

## STUDIO 4

9:30-10:15am  
**Reformer  
Pilates Group  
1:6**

3:45-4:30pm  
**Private Pilates  
1:2**

1:45-2:30pm  
**Reformer  
Pilates Group  
1:6**

10:15-11am  
**Reformer  
Pilates Group  
1:6**

4:30-5:30pm  
**Private Pilates  
1:2**

2:30-3:15pm  
**Reformer  
Pilates Group  
1:6**

5:30-6:15pm  
**Reformer  
Pilates Group  
1:6**