

ADULT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Persian/BellyWorkout w/Shida 10:00-11:00AM	BellyWorkout w/Elena 9:00-10:00AM	Persian/BellyWorkout w/Shida 10:00-11:00AM	Hatha Yoga w/Tamra Henna 8:30-9:45 AM	Beg.Ballet (mixed ages) w/ Patricia 9:30-10:30AM
		Latin Workout w/Tatianna 10:00-11:00 AM		Int/ Adv Belly Dance w/ Tamra 10:00-11:30 AM	
			Jazz (mixed ages) w/Sophia 5:00-6:00PM	BollyZumba w/Elena 10:00 - 11:00 AM (Starts Sept 13)	
			Beg/ Int Ballet w/Patricia 6:00-7:00PM	Persian Zumba w/Tatianna 11:00-12:00noon	
Persian Zumba w/Elena (Starting Sept 9th) 6:00-7:00PM	Beg Ballet (mixed ages) w/Patricia 5:30-6:30 PM	Heels (starts Sept 11) w/Sophia 6:00-7:00 PM	Int/ Adv Hip Hop (mixed ages) w/Sophia 6:00-7:00PM		
			Tap (starts Sept 12) (mixed ages) w/Sophia 7:00-8:00PM		

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