

ADULT PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Persian/BellyWorkout w/Shida 10:00-11:00AM	Barre Core Workout w/Tatianna 10:00-11:00 AM	Persian/BellyWorkout w/Shida 10:00-11:00AM		
			Ballet (all levels) w/Sophia 4:00 - 5:00PM	Persian Zumba w/Tatianna 11:00-12:00noon	
	Beg Ballet (mixed ages) w/Patricia 5:30-6:30 PM	Contemporary w/Sophia 5:00-6:00 PM	Jazz (mixed ages) w/Sophia 5:00-6:00PM		
Cardio Groove-with Weights w/Sophia 6:30-7:30PM		Heels w/Sophia 6:00-7:00 PM	Int/ Adv Hip Hop (mixed ages) w/Sophia 6:00-7:00PM		

10 classes: \$180.00 Single \$20.00 Trial \$15.00 All packages expire in 6 months.
3% surcharge on all credit/debit card payments.

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