

## Twilight Dreams Dance and Wellness Studio

### 2019 Classes Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am						
9:15am	<u>Seniors Exercise</u> 9am - 10am	<u>Pilates</u> 9am - 10am Intermediate Level	<u>Seniors Exercise</u> 9:00am - 10:00am	<u>Pilates</u> 9:00pm - 10:00pm Beginners	<u>Pilates</u> 9am - 10am Intermediate Level	<u>Yoga</u> 9:15am - 10:30am Beginners/ Intermediate
9:30am						
9:45am						
10:00am						
10:15am				<u>Kindy Dance</u> 10.00am - 10.30am	<u>Adult Ballet</u> 10.00am - 10.45am	
10:30am						
10:45am						
3:00pm						
3:30pm	<u>HipHop</u> 3:30pm - 4:15pm 6 - 10 yr olds					
4:00pm		<u>Ballet</u> 4:00pm - 4:30pm 4-6 year olds			<u>Jazz-Ballet</u> 4:00pm - 4:45pm 7-10 year olds	
4:15pm						
4:30pm	<u>HipHop</u> 4:30pm - 5:15pm 11 - 18 yr olds	<u>Yoga Kids</u> 4:30pm - 5:15pm				
4:45pm						
5:00pm						
5:15pm						
5:30pm		<u>Yoga Flow</u> 5:30am - 6:30am Beginners/ Intermediate		<u>Belly Dance</u> 5:45pm - 8:00pm		
5:45pm	<u>Pilates</u> 5:45pm - 6:45pm Basic Beginners					
6:00pm			<u>Belly Dance</u> 6:00pm - 7:00pm			
6:15pm						
6:30pm			<u>Contemporary Dance</u> 6:30pm - 7:15pm teens - adults			
6:45pm						
7:00pm	<u>Adult HipHop</u> 7:00pm - 8:00pm					
7:15pm						
7:30pm						
7:45pm						
8:00pm		<u>Dance: Salsa</u> 7:30pm - 9:30pm Teens and Adults	<u>Dance: Tango</u> 7:30pm - 9:30pm Teens and Adults			
8:15pm						
8:30pm						
8:45pm						
9:00pm						
9:15pm						