

Twilight Dreams Dance and Wellness Studio

Class Schedule 2020

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> 9:00am - 10:00am 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			
10:30am					<u>French Conversation</u> semi-fluent - fluent 10:30am - 11:30am		
10:45am							
11:00am							
12:00pm							
3:00pm							
3:45pm	<u>Ballet</u> 3:45pm - 4:15pm 4-6 year olds						
4:00pm					<u>Jazz-Ballet</u> 4:00pm - 4:45pm 7-12 year olds		
4:15pm							
4:30pm							
4:45pm							
5:00pm							
5:15pm							
5:30pm							
5:45pm	<u>Pilates</u> 5:45pm - 6:30pm Basic Beginners	<u>Wu Tao</u> 5:45pm - 7:00pm	<u>Yoga</u> 5:15am - 6:15am	<u>Adult Ballet</u> 5.40pm - 6.10pm Adult Beginners			
6:00pm							
6:15pm	<u>Contemporary Dance</u> 6:30pm - 7:30pm Adult Beginners				<u>Belly Dance</u> 6:15pm - 7:15pm Teens and Adults		
6:30pm							
6:45pm							
7:00pm							
7:15pm							
7:30pm		<u>Dance: Tango</u> 7:30pm - 9:30pm Teens and Adults	<u>Dance: Salsa</u> 7:30pm - 9:30pm Teens and Adults				
7:45pm							
8:00pm							
8:15pm							
8:30pm							
8:45pm							
9:00pm							
9:15pm							