

Twilight Dreams Dance and Wellness Studio

Class Schedule: Term One - 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00am	<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	
9:15am							
9:30am							
9:45am							
10:00am							
10:15am							
10:30am					<u>French Conversation</u> semi-fluent - fluent 10:30am - 11:30am		
10:45am							
11:00am							
11:15am							
11:30am							
3:00pm							
3:45pm	<u>Ballet</u> 3:45pm - 4:15pm 4-6 yr olds						
4:00pm							
4:15pm							
4:30pm			<u>Pilates</u> 4:30pm - 5:15pm Beginners				
4:45pm							
5:00pm							
5:15pm	<u>Pilates</u> 5:15pm - 6:15pm Basic Beginners						
5:30pm							
5:45pm							
6:00pm		<u>Wu Tao</u> 5:45pm - 7:00pm	<u>Adult Ballet/Contemporary</u> 6:00pm - 6:45pm Adult Beginners				
6:15pm	<u>Belly Dance</u> 6:15pm - 7:30pm Teens and Adults						
6:30pm							
6:45pm							
7:00pm							
7:15pm							
7:30pm			<u>Dance: Tango</u> 7:30pm - 9:30pm Teens and Adults				
7:45pm							
8:00pm							
8:15pm							
8:30pm							
8:45pm							
9:00pm							
9:15pm							