

Twilight Dreams Dance and Wellness Studio

Class Schedule: January 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am					<u>Pilates</u>	
9:00am					8:30am - 9:30am	
9:15am	<u>ALAC French</u> Beginner	<u>Pilates</u> 9:00am - 10:00am		<u>ALAC French</u> Beyond Beginner	Intermediate - Advance	
9:30am	9:00am - 10:00am	Beginner - Intermediate		9:00am - 10:00am	<u>French Conversation</u> semi-fluent - fluent	<u>Yoga</u> 9:15am - 10:30am
9:45am					9:30am - 10:30am	General Hatha Yoga
10:00am		<u>Yoga</u> 10:00am - 10:45am			in Studio	
10:15am	<u>Seniors Pilates</u> 10:15am - 11:00am	Chair Yoga			<u>Yoga</u> 10:30am - 11:30am	
10:30am	in studio				Senior Yoga	
10:45am						
11:00am	<u>Tai Chi</u> 11:00am - 11:45am					
11:15am	Beyond Beginners					
11:30am						
11:45am						
3:30pm	<u>Tai Chi</u> 3:30pm - 4:15pm			<u>Pilates</u> 3:30pm - 4:15pm	<u>Tai Chi</u> 3:45pm - 4:30pm	
3:45pm	Beginners			Beginner - Intermediate	Over 50's	
4:00pm						
4:15pm						