

# Twilight Dreams Dance and Wellness Studio

## Class Schedule: January 2025

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
8:30am					<u>Pilates</u>	
9:00am	<u>ALAC French</u> Beginner 9:00am - 10:00am	<u>Pilates</u> 9:00am - 10:00am Beginner - Intermediate		<u>ALAC French</u> Beyond Beginner 9:00am - 10:00am	8:30am - 9:30am Intermediate - Advance	<u>Yoga</u> 9:15am - 10:30am General Hatha Yoga
9:15am					<u>French Language</u> semi-fluent - fluent 9:30am - 10:30am in Studio	
9:30am						
9:45am						
10:00am		<u>Tai Chi</u> 10:00am - 10:45am Beginners				
10:15am	<u>Seniors Pilates</u> 10:15am - 11:00am in studio				<u>Seniors Yoga</u> 10:30am - 11:30am Senior Yoga	
10:30am						
10:45am						
11:00am	<u>Seniors Tai Chi</u> 11:00am - 11:45am Beyond Beginners					
11:15am						
11:30am						
11:45am						
3:30pm						
3:45pm						
4:00pm						
4:15pm						
4:30pm				<u>Pilates</u> 4:15pm - 5:00pm Beginner - Intermediate		
4:45pm						
5:00pm						
5:15pm						
5:30pm						
5:45pm				<u>Yoga</u> 5:30pm - 6:45pm General Yoga		
6:00pm						
6:15pm						
6:30pm						
6:45pm						