

Twilight Dreams Dance and Wellness Studio

Class Schedule: May - 2021

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
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						
10:30am						
10:45am					<u>French Conversation</u> semi-fluent - fluent 10:30am - 11:30am	
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						
4:45pm						
5:00pm			<u>Pilates</u> 4:45pm - 5:30pm Beginners			
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						
6:30pm	<u>Belly Dance</u> 6:15pm - 7:30pm Teens and Adults					
6:45pm						
7:00pm						
7:15pm						