2018-2019 Schedule

MONDAY		4:15-5:00	5:05-5:50	5:55-6:40	6:45-7:30	7:30-8:15	8:30-9:15
	9:45 am Bikram Yoga	Beginner Ballet	Intermediate Ballet	Pointe	Advanced Ballet	7:30-8:30 Advanced Contemporary- Lyrical	Advanced Jazz
			Beginner Hip Hop	Beginner Advanced Tap	Beg./Beg.Adv Jazz/hip hop	Inter. Adv. Tap	
		Preschool	Preschool				
		Mini Comp.		Intermediate Hip Hop	Intermediate Contemporary- Lyrical	Advanced Hip Hop	
TUESDAY		4:15-5:00	5:05-5:50	5:55-6:40	6:45-7:30	7:30-8:15	
	12:00 pm Bikram Yoga- Silent	Beginner Ballet	Beginner Advanced Ballet	Beginner Advanced Contemporary-Lyrical	Intermediate Contemporary- Lyrical	Advanced Hip Hop	
			Beginner Jazz/ hip hop	Intermediate Ballet	Adult tap		
		Preschool	Beginner Tap	Intermediate Jazz	Intermediate Tap		
WEDNESDAY		4:15-5:00	5:05-5:50	5:55-6:40	6:45-7:30	7:30-8:15	
	9:45 am Bikram Yoga	Ballet	Beginner Adv. Hip Hop	Mini/Jr/Teen/Sr Comp Turns & Leaps	Jr/Teen Comp	7:35-? Sr. Comp	
		Intermediate Hip Hop	Barre	6:00 pm Bikram Yoga			

2018-2019 Schedule

THURSDAY			4:15-5:00	5:05-5:50	5:55-6:40	6:45-7:30	7:30-8:15	8:15-9:00
	12:00 pm Bikram Yoga- Silent		Acro	Intermediate Jazz	Intermediate Tap	Intermediate Advanced Tap	Intermediate Advanced Jazz	Advanced Tap
					Boys Hip Hop			
			Beginner Tap	Beginner Contemporary- Lyrical	Barre	6:45-8:15 Bikram Yoga		
FRIDAY			4:15-5:00	5:00-5:45	5:55-6:40	6:45-7:30	7:30-8:15	8:30-9:15
		9:45 Bikram Yoga						
SATURDAY		9:15-10:00	10:10-10:55	11:05-11:50	11:55-12:40	12:45-1:30		
	7:15 am Bikram Yoga- Silent	Preschool	Preschool	Beginner Adv. Tap	Beginner Adv. Ballet	Beg. Adv jazz/hip hop		
		9 am Hot Barre	Beginner Tap- 4 yrs old	Beginner Ballet	Beg Jazz/ Hip Hop			
SUNDAY	9:00 am Bikram Yoga	Parent/child	Starting 1/2019- time TBD					

Classes Subject to change. *5 participants minimum to hold a class.

Bikram Yoga Students: Bring your own mats and towels,we do not provide. No showers on property. Prior to attending silent yoga, you must of attended 5 regular Bikram Yoga classes.