



## 2018-2019 Schedule

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