

2019-2020 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	5:30-6:15 Barre			
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 am 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	Mom & Me (WALKERS- 1-2yrs old)	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			11am-1 pm COMP. POM-TAP	Parent/child	Starting 1/2020- 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.**