



WINTER 2023 Schedule

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9:00 AM	Cardio Salsa (Adults) 9:30 to 10:15 am		Barre fitness (Adults) 9:30 to 10:15 am			Tiny Dancers 9:00 to 9:30 am	
10:00 AM			Barre fitness (Adults) 10:30 to 11:15 am			Barre fitness (Adults) 9:30 to 10:15 am	Little Ballerinas 9:45 to 10:30 am
11:00 AM	Barre fitness (Adults) 10:30 to 11:15 am		Pound fitness (Adults) 10:30 to 11:15 am			Little hip-hop dancer 10:45 to 11:30 am	
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM						Generation Pound 5:30 to 6:15 pm	Young Ballerinas 5:30 to 6:30 pm
6:00 PM	Little Ballerinas 6:00 to 6:45 pm					Cardio Salsa (Adults) 6:30 to 7:15 pm	Salsa Kids 6:45 to 7:30 pm
7:00 PM	Young Hip Hop Dancer 7:00 to 8:00 pm			Pound fitness (Adults) 7:45 to 8:30 pm			
8:00 PM							
9:00 PM							