

AMANDA
KUPILLAS
DANCE

ADULT FALL SCHEDULE

DON'T SEE THE CLASS WHAT YOU WANT?
IF YOU HAVE A GROUP WE CAN CREATE A CLASS! EMAIL US FOR MORE DETAILS.

14 weeks
Begins Sept. 8th
Ends Dec. 19th
Drop-in \$30
Prepay for Fall Packages by Sept. 13

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<u>Latin/Hip Hop Fusion</u> Footwork, connection, and music that empowers you every week. 8:45-9:45am w/ Brianna	<u>Beg. Ballet</u> Build strength, improve posture in a supportive fun class 8:30-9:30am w/ Amanda	<u>Strength & Conditioning</u> Build power and stability with bands, weights, and stretch. 8:30-9:15am w/ Amanda	<u>Latin/Hip Hop Fusion</u> Footwork, connection, and music that empowers you every week. 8:30-9:30am W/ Brianna	<u>Grateful Pilates</u> Explore fascia, muscles, and breath to unlock your body's fluidity & strength. 8:30-9:30am w/ Maxine	
		<u>Pilates</u> A classic Pilates practice designed to challenge and restore 9:30-10:30am w/ Maya	<u>Core & Restore</u> Lift, roll, and build posture with kinesiologist guidance. 9:30-10:15am w/ Sandra (starts 10/9)		<u>Afro Beats</u> West African rhythms meet contemporary moves for a full-body workout 10:00-11:00am w/ Kailah
			<u>Strength & Conditioning</u> Cardio, toning, and core training with modifications for all. 6:30-7:15pm w/ Nicole		

Monday

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Friday

Saturday

Stretch, Strength & Roll floor work 8:00-8:45am Latin/Hip Hop Fusion w/ Amanda 8:45-9:45am w/ Brianna	Beg. Ballet 8:30-9:30am w/ Amanda	Strength & Conditioning Full body strength & balance focused 8:30-9:15am w/ Amanda	Latin/Hip Hop Fusion 8:30-9:30am W/ Brianna	Grateful Pilates full body strengthening 8:30-9:30am w/ Maxine	Gentle Yoga body transition focused (prenatal to menopause) 9:00-10:00am w/ Sofia
		Pilates classic pilate mat class 9:30-10:30am w/ Maya	Core & Restore strengthening with light weights (full body focused) 9:30-10:15am w/ Sandra (starts 10/9)	Restorative Yoga 9:45-10:45am w/ Michael	Afro Beats fun rhythmic dance/ all levels 10:00-11:00am w/ Kailah
		Power Yoga fast-paced focused on strength and endurance 12:30-1:15pm w/ Garth		Vinyasa Flow 12:00-1:00pm w/ Michael	
			Strength & Conditioning A sweat worthy class, fast pace 6:30-7:15pm w/ Nicole		