

AMANDA  
KUPILLAS  
DANCE

# ADULT FALL SCHEDULE

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

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Stretch, Strength  
& Roll** 8:00-8:45am  
w/ Amanda

**Latin/Hip Hop Fusion**  
8:45-9:45am  
w/ Brianna

**Beg. Ballet**  
8:30-9:30am  
w/ Amanda

**Strength & Conditioning**  
8:30-9:15am  
w/ Amanda

**Latin/Hip Hop Fusion**  
8:30-9:30am  
W/ Brianna

**Grateful Pilates**  
8:30-9:30am  
w/ Maxine

**Hatha, Dharma &  
Vinyasa** 9:00-10:00am  
w/ Sofia

**Pilates**  
9:30-10:30am  
w/ Maya

**Core & Restore**  
9:30-10:15am  
w/ Sandra (starts 10/9)

**Restorative Yoga**  
9:45-10:45am  
w/ Michael

**Afro Beats**  
10:00-11:00am  
w/ Kailah

**Simple Vinyasa Flow**  
10:45-11:45am  
w/ Garth

**Vinyasa Flow**  
10:15-11:15am  
w/ Michael

**Power Yoga**  
12:30-1:15pm  
w/ Garth

**Yoga Sculpt**  
12:30-1:15pm  
w/ Michael

**Vinyasa Flow**  
12:00-1:00pm  
w/ Michael

**Int/Adv Tap**  
1:00-2:00pm  
w/ Rob

**Strength & Conditioning**  
6:30-7:15pm  
w/ Nicole

**Contemporary**  
7:30-8:30pm  
w/ Megan

**Beg/Int Tap**  
7:45-8:45pm  
TBD Teacher