

CORE BODY CENTRE



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| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|---|---------------------------------|--------------------------------------|----------------------------------|--|
| 8:30-9:35am | | Gentle Mobility | JUMP-HANG N' PLAY (9:00-10:15AM) | Gentle Mobility | Guys n' Gals Dance Swing/Latin Vibes (6:30-7:45pm) |
| 9:45-11:00 | 10:15am-11:30 Chair Mobility | 1/2 MAT 1/2 TRAPEZE | 10:20am-11:30am Chair Mobility | 1/2 MAT 1/2 TRAPEZE | |
| 11:00-Noon | | Private Lesson | | |  |
| 4:45-5:30pm | | CORE DANCE INTRO LEVEL 1 | | | |
| 5:00-6:00pm | CORE DANCE PRIVATE LESSON | Private Lesson | CORE DANCE INTRO LEVEL 2 5:30-7:15PM | CORE DANCE PRIVATE LESSON | |
| 6:15-7:30pm | Karate Street Defense; Ancient Weapons (Teen-Adult) | JUMP-HANG N' PLAY (6:30-7:45PM) | | Ladies Dance Night (6:30-7:45pm) | Adult Ballroom Dance Private Lessons Available (Singles or Couplez) |
| 7:45-8:30pm | | | | | |

All classes are by RSVP
text 574-780-4803



Scan our code