

CORE CENTRE

JukoKaicentermarshall.com

mewsette.cartwright@gmail.com



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30–9:35am		Gentle Yoga		Gentle Yoga	 <i>Scan our code</i>
9:35–10:45	10:15am–11:30 Chair Yoga	YOGAFIT	10:15am–11:30am Chair Yoga	YOGAFIT	
11:00–Noon					
4:45–5:30pm	Pre-School Acrobatics (3.5–6)	Mommy/Daddy & Me Tumble		YOGAFIT– 4:00–5:15pm	
5:30–6:30pm	Intro to Tumble (8–12 yrs) 5:30 Street Defense (Teen–Adult)	Kids Cardio (5:00pm)	Pre–Natal Yoga 5:30	5:30– 6:30 pm Youth Intro Tap/Ballet	6:30–8:30pm Competition Team
6:35–7:40pm	Karate (Teen–Adult)	YOGA TRAPEZE 5:30pm Advance Tumble (12–18) 5:35pm	Advance Acro 6:45–7:45pm	6:30pm Latin & Swing Dance (Dates Varies)	Line Dancing 6:30pm (Dates Vary)
7:45–8:30pm	Ancient Weapons (Teen–Adult)	Gentle Yoga 6:35pm	7:45–8:45 pm Advance Hip Hop	6:45–8:15pm Ballet/Jazz/Contemporary	

Webster Center, Plymouth

Core Yoga Centre

Bremen Community Center

Heartland Art Center, Plymouth

Core Dance Centre

Juko–Kai Center of Marshall County