

CORE CENTRE

JukoKaicentermarshall.com

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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	1/2 YOGA 1/2 TRAPEZE	10:15am–11:30am Chair Yoga	1/2 YOGA 1/2 TRAPEZE	
11:00–Noon					
4:45–5:30pm			Private Lesson	YOGAFIT– 4:00–5:15pm	
5:30–6:30pm	Street Defense (Teen–Adult)	1/2 YOGA 1/2 TRAPEZE	Solo Training 6:30–7:30pm	Ladies Dance Night (6:15–7:15pm)	
6:35–7:40pm	Karate (Teen–Adult)		AcroDance 6:30–7:30pm		Adult Ballroom Dance Private Lessons Available (Singles or Couples)
7:45–8:30pm	Ancient Weapons (Teen–Adult)		7:40–8:40pm Hip Hop	Solo Training 7:15–8:15pm	

Juko–Kai Center of Marshall County

Core Yoga Centre

Bremen Community Center

Heartland Art Center, Plymouth

Core Dance Centre