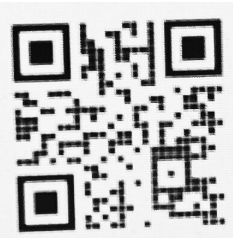



# CORE CENTRE

**JukoKaicentermarshall.com**

mewsette.cartwright@gmail.com



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:35am		Gentle Yoga		Gentle Yoga	 Scan our code 
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)	Solo Training 6:30-7:30pm		
6:35-7:40pm	Karate (Teen-Adult)	YOGA TRAPEZE 5:30pm Advance Tumble (12-18) 5:35pm	AcroDance 6:30-7:30pm		
7:45-8:30pm	Ancient Weapons (Teen-Adult)	Gentle Yoga 6:35pm	7:40-8:40pm Hip Hop	6:45-8:15pm Ballet/Jazz/Contemporary	
					Adult Ballroom Dance Private Lessons Available

**Webster Center, Plymouth**

**Core Yoga Centre**

**Bremen Community Center**

**Heartland Art Center, Plymouth**

**Core Dance Centre**

**Juko-Kai Center of Marshall County**