


CORE CENTRE

JukoKaicentermarshall.com

mewsette.cartwright@gmail.com



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30am		Gentle Yoga		Gentle Yoga	 <i>Scan our code</i>
9:35-10:45	10:15am Chair Yoga	YOGAFIT	10:15am 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	Hip Hop/Acro 5:30-7:30pm	
6:35-7:40pm	Karate (Teen-Adult)	YOGA TRAPEZE 5:30pm Advance Tumble (12-18) 5:35pm	6:35- 7:15pm Youth Intro Tap/Ballet	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	7:30- 8:45 pm Jazz/Contemporary	7:30- 8:45 pm Teen-Adult Ballet	

Webster Center, Plymouth

Core Yoga Centre

Bremen Community Center

Heartland Art Center, Plymouth

Core Dance Centre

Juko-Kai Center of Marshall County