



# HeART in Motion

Adult & Family Classes - Fall Schedule



Sunday	Monday	Tuesday	Wednesday
Me & My Shadow 10:00 AM	Luigi Jazz 11:30 AM	Pilates with Props 9:00 AM	Me & My Shadow 9:15 AM
Family Yoga <i>Last Sunday of Every Month</i> 11:00 AM		Cardio Hip Hop 10:15 AM	Intermediate Ballet 10:00 AM
Pilates Mat 11:15 AM	Restorative Yoga 7:00 PM		Luigi Jazz 6:30 PM
Intermediate Ballet 12:15 PM			Cardio Dance Fusion 8:00 PM

Thursday	Friday	Saturday
Pilates with Props 9:00 AM	Int/Adv Ballet 10:00 AM	Vinyasa Flow Yoga 9:00 AM
Theatre Jazz 10:15 AM	Pointe 11:30 AM	Intermediate Ballet 11:15 AM
Open Level Tap 12:00 PM	True Beginner Ballet 12:15 PM	
Hip Hop 7:00 PM	Baroque Court Dance 6:00 PM	
	Advanced Beginner Ballet 7:00 PM	

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Scan below to register!

