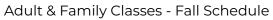


HeART in Motion





Sunday	Monday	Tuesday	Wednesday
Me & My Shadow 10:00 AM		Pilates with Props	Me & My Shadow 9:15 AM
Family Yoga Last Sunday of Every Month 11:00 AM	Luigi Jazz 11:30 AM	9:00 AM	Intermediate Ballet 10:00 AM
		Cardio Hip Hop 10:15 AM	
Pilates Mat	Restorative Yoga		
11:15 AM	7:00 PM		
Intermediate Ballet 12:15 PM			Luigi Jazz 6:30 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	Nikl 17 C
Theatre Jazz 10:15 AM	Pointe 11:30 AM	Intermediate Ballet 11:15 AM	info@ S
Open Level Tap 12:00 PM	True Beginner Ballet 12:15 PM		
Нір Нор 7:00 РМ	Baroque Court Dance 6:00 PM		
	Advanced Beginner Ballet 7:00 PM		

Nikki Manx - Artistic Director 17 Chestnut Street, 2nd Floor Ridgewood, NJ 07450

201.857.4472. info@heartinmotionstudio.com

Scan below to register!

