



HeART in Motion

Adult/Teen & Family Classes - Summer Schedule

July 7th-September 13th, 2025



Sunday	Monday	Tuesday	Wednesday
Adult Yoga* (starts June 29th) 8:45-9:45 AM	Luigi Jazz 11:30-1:00 PM	Pilates with Props 9:00-10:00 AM	Me & My Shadow 9:00-9:30 AM
Me & My Shadow 10:00-10:30 AM		Advanced Beginner Ballet 11:30 - 1:00 PM	Intermediate Ballet 10:00-11:30 AM
Pilates Mat 10:30-11:30 AM		Pointe 4:30-5:00 PM	
		Intermediate Teen/Adult Ballet 5:00-6:30 PM	Luigi Jazz 6:30-8:00 PM
Intermediate Ballet 12:30-2:00 PM		Mostly Modern Workshops 6:30-8:00 PM	
		Restorative Yoga 7:30-8:30 PM	
Thursday	Friday	Saturday	
Pilates with Props 9:00-10:00 AM	Int/Adv Ballet 10:00-11:30 AM	Intermediate Ballet* 10:00-11:30 AM	
	True Beginner Ballet 12:15-1:45 PM	Pointe* 11:30-12:00 PM	
Advanced Beginner Tap 12:00-1:00 PM		*Saturday Ballet and Pointe summer schedule in effect starting from 6/21.	
Hip Hop* 7:00-8:00 PM			
*Stay tuned for our summer pop-up Adult Hip Hop classes!	Advanced Beginner Ballet 7:15-8:30 PM		

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Scan below to register!

