

**A Common Ground  
Fall Schedule 2009  
Studio I 346 Main St**

**Monday**

3:30 Beginning Ballet age 5-7  
4:15 Jazz II/III age 10-13  
5:00 Tap II age 8-12  
5:45 Jazz IV age teen/adult  
6:45 Hip-Hop age 8-12  
7:30 Modern age teen/adult  
8:30 Wing Chun

**Tuesday**

9:30 Ballet age 3-5  
10:30 Tap age 3-5  
3:45 Tap I age 7-9  
4:30 Acrobatics all ages  
5:30 Afrikan Drum all ages  
6:30 Afrikan Dance all ages  
7:30 How to Meditate all ages (Dec 1-Dec 22)

**Wednesday**

8:30 Tai Chi  
10:00 Beg/Int I Middle Eastern  
3:45 Ballet I age 6-9  
4:30 Beginning Jazz age 5-7  
5:30 Yoga age 10-adult  
6:30 Tap IV/V  
7:30 Beginning Intermediate Flamenco  
8:30 Wing Chun

**Thursday**

3:30 Jazz I age 7-10  
4:15 Beginning Tap age 5-7  
5:00 Ballet II age 8-12  
5:45 Beginning Tap age 8-12  
6:30 Tap III Teen/Adult  
7:15 Latin Moves Plus  
8:15 Flamenco

**Friday**

10:00 Adv/Professional Middle Eastern  
11:45 Beginning Middle Eastern  
1:00 Jazz age 3-5  
2:00 Ballet age 3-5  
2:45 Ballet III/IV  
4:00 Tap III age 10-14  
4:45 Jazz II age 8-12  
5:30 Beginning Tap Teen/Adult  
6:15 Beginning Flamenco  
7:15 Tai Chi  
8:15 Sacred Circle Dance (2<sup>nd</sup> Fri of the Month)  
8:15 Middle Eastern Drum (3<sup>rd</sup> Fri of the Month)

**Saturday**

9:00 Tai Chi  
10:30 Yoga  
1:30 Swedish Gym Fitness  
6:00 Beginning Salsa  
7:00 Argentine Tango

**Sunday**

6:30 Beginning Tai Chi

**look for our new Teen/Adult Acting class coming this fall..  
time and date TBA**

**Studio II**  
345 Main St

**Monday**

6:30 Intermediate 2 Middle Eastern  
7:30 Intermediate 1 Middle Eastern

**Tuesday**

9:30 Post-Natal Pilates  
10:30 Sing and Sign W/Ms. Janine  
6:30 Zumba  
7:30 Hip-Hop Teen/Adult

**Wednesday**

6:00 Advanced Middle Eastern  
7:30 Rehearsal

**Thursday**

9:30 Post-Natal Pilates  
4:30 Little Goddess Middle Eastern  
5:30 Beginner Middle Eastern  
6:30 Intermediate 1&2 Middle Eastern  
7:30 Pre-Natal Pilates

**Friday**

9:30 Tots Creative Movement age 2-5  
7:00 Beginning Salsa  
8:00 Argentine Tango I

**Saturday**

9:30 Beginner 1 Middle Eastern  
10:30 Beginner 2 Middle Eastern  
11:30 Children's Hula (Keiki)  
12:30 Adult Hula

**A Common Ground**  
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