

A Common Ground
Fall Schedule 2009
Studio I -- 346 Main Street

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
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 Beginning Tap age 8-12
5:45 Ballet II 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
8:15 Sacred Circle Dance (2nd Fri of the Month)
8:15 Middle Eastern Drum (3rd Fri of the Month)

Saturday

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

Sunday

6:30 Beginning Tai Chi

Studio II
345 Main Street

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
7:30 Hip-Hop Teen/Adult

Wednesday

5:00 Hip-Hop age 8-12
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
5:00 Hip-Hop age 5-7
6:15 Beginning Flamenco
7:15 Tai Chi

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
www.ACommonGround.net
(203) 791-9850