

STUDIO II

| DAY | TIME | COURSE | AGE GROUP |
|--------------------------------------|-------------|-----------------------------------|------------------|
| MONDAY | 10:00 | GENTLE YOGA | |
| | 5:00 | MIXED MARTIAL ARTS | CHILDREN |
| | 6:30 | INT. 2 MIDDLE EASTERN | |
| | 7:30 | INT. 1 MIDDLE EASTERN | |
| TUESDAY | 5:30 | CHILDREN'S HULA | |
| | 6:30 | ADULT HULA | |
| | 7:30 | HIP HOP | TEEN/ADULT |
| WEDNESDAY | 5:00 | HIP HOP | TEEN/ADULT |
| | 6:00 | ADVANCED MIDDLE EASTERN | |
| | 7:30 | REHEARSAL | |
| THURSDAY | 9:30 | POST-NATAL PILATES | |
| | 4:30 | LITTLE GODDESS MIDDLE EASTERN | |
| | 5:30 | BEGINNING MIDDLE EASTERN | |
| | 6:30 | INTERMEDIATE 1&2 MIDDLE EASTERN | |
| | 7:30 | PRE-NATAL PILATES | |
| FRIDAY | 5:00 | MIXED MARTIAL ARTS | CHILDREN |
| | 6:15 | ZUMBA | |
| SATURDAY | 9:30 | BEGINNING 1 MIDDLE EASTERN | |
| | 10:30 | BEGINNING 2 MIDDLE EASTERN | |
| SUNDAY | 10:00 | MIXED MARTIAL ARTS | ADULTS |
| | | | |
| | | | |
| COMING SOON: KIDS' ROCK BAND | | | |
| | | | |
| VOICE LESSONS ALSO AVAILABLE! | | | |
| | | | |
| | | FOR MORE INFORMATION CALL: | |
| | | 203-791-9850 | |
| | | | |