

Dance Studio Classes

<u>Monday</u>	6:30 am – 8:00 am 8:30 am – 9:30 am 10:30 am – 11:45 am	Yoga Jazz Dance Yoga	John Hayden Gaila Cottrel Stephanie Ford
<u>Tuesday</u>	9:00 am – 10:00 am	Pilates	Ellen Henrici
<u>Wednesday</u>	8:30 am – 9:30 am 5:30 pm – 7:00 pm	Jazz Dance Yoga	Gaila Cottrel John Hayden
<u>Thursday</u>	6:30 am – 8:00 am 9:00 am – 10:00 am	Yoga Pilates	John Hayden Ellen Henrici
<u>Friday</u>	8:30 am – 9:30 am 10:30 am – 11:45 am	Jazz Dance Yoga	Gaila Cottrel Stephanie Ford