

# Class Schedule

*Located in the Mimosa Room*

## **Group Training (Coffie Saul)**

Monday - Friday      5:30 am-10 am  
Saturday              7 am to 12 pm  
Sunday                 9 am to 12 pm

## **Personal Training (Coffie Saul)**

Monday - Tuesday    12 pm - 4 pm  
Wednesday            12 pm - 3 pm  
Thursday - Saturday  12 pm - 4 pm

## **Ballet (Angela)**

Tuesday - Thursday  4 pm - 6 pm  
Monday & Friday      4 pm - 6pm &  
                                  7:30 pm - 8:30 pm

## **Salsa (Karine Tai)**

Monday                 8:30 pm- 9:30 pm  
Wednesday            8:30 pm- 9:30 pm  
Friday                  8:30 pm- 9:30 pm

## **Taekwondo (Oster Herbert)**

Wednesday            6 pm - 7 pm  
Thursday               7:30 pm - 8:30 pm  
Friday                  6 pm - 7 pm

## **Fitness Stretching (Alyona Smal)**

Friday                  9:30 am-11 am

## **Kids Classic Dance (Alyona Smal)**

Saturday                11 am - 12 pm

## **Pole Dancing Sport for Age 14+ (Alyona Smal)**

Monday                6 pm - 7:30 pm

## **Aerial Pole Sport (Alyona Smal)**

Tuesday               6 pm - 7:30 pm

## **Aerial Pole Sport for Age 14+ (Alyona Smal)**

Thursday              6 pm - 7:30 pm

## **Exotic Pole (Alyona Smal)**

Tuesday               7:30 pm - 9 pm

## **Aerial Kids (Alyona Smal)**

Saturday               12 pm - 1 pm

## **Pole Sport for age 14+ (Alyona Smal)**

Wednesday            7 pm - 8:30 pm

## **Pole Sport Kids (Alyona Smal)**

Saturday               11 am - 12 pm