

# LifeDance Studios Class Schedule

MON	TUES	WED	THURS	FRI	SAT	SUN
9:30-10:15am Yoga Fusion w/ Sanaa Studio B	9:00-10:15am Yoga w/Kathy Studio A	10:00-11:00am Bellydance Level I Studio A	5:30-6:45pm Yoga w/ Karla Studio A	9:00-10:15am Yoga w/Kathy Studio A	Workshops	9:00-10:15am Yoga w/Kathy Studio A
10:00-11:00am MELT w/ Kerrie Studio A	6:00-7:15pm Yoga w/Karla Studio A	5:00-6:00pm Dance for Gymnastics Level 5 & up Studio A	7:30-8:30pm MELT w/ Kerrie Studio A	11:00-12:00pm Zumba w/Reese Studio A		
5:30-6:30pm Dance for Gymnastics Level 3 & 4 Studio A	7:00-7:45pm Yoga Fusion w/Sanaa Studio B	6:15-7:15pm Bellydance Level I Studio A				
7:00-8:00pm Bellydance Level II Studio A	7:30-8:45pm Yoga w/Kathy Studio A	7:30-8:30pm Bellydance Level I Studio A				

Daytime Classes

Evening bClasses

[www.LifeDanceStudios.com](http://www.LifeDanceStudios.com) / (413) 642-1141

