



OUR WEEKLY SCHEDULE

June 2019

* Require reservation

■ Yoga Classes ■ Dance Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.00 - 7.00PM * Hatha Yoga (Pregnant Friendly) <i>with Duna</i>	5.30 - 6.30PM Hip Hop Kids <i>with Arina</i>	6.00 - 7.00PM Ballet Kids 6-11 years old <i>with Nada</i>	5.30 - 6.30PM Ballet Kids 3-5 years old <i>with Nada</i>	7.00 - 8.00PM * Deep Stretching <i>with Lea</i>	10.00 - 11:00 AM Ballet Kids 6-11 years old <i>with Nada</i>	6.00 - 7.00PM * Aerial Yoga Open Level <i>with Lea</i>
7.00 - 8.00PM Lady Styling <i>with Rita</i>	5.30 - 6.30PM Salsa Teens Beginners <i>with Rita</i>	6.00 - 7.00PM Zumba <i>with Eliane</i>	5.30 - 6.30PM Salsa Teens Improvers <i>with Rita</i>	8.00 - 9.00PM * Aerial Dance Beginners <i>with Lea</i>		7.00 - 8.30PM * Power & Restore <i>with Lea</i>
7.00 - 8.30PM Restorative Vinyasa <i>with Tatiana</i>	6.30 - 7.30PM * Aerial Yoga Open Level <i>with Lea</i>	7.00 - 8.30PM Hatha Yoga <i>with Aboudi</i>	6.30 - 7.30PM Salsa Beginners <i>with Wassim</i>			
8.00 - 9.00PM Ballet Adults Beginners <i>with Nada</i>	6.30 - 7.30PM Salsa Beginners <i>with Wassim</i>	7.30 - 8.30PM * Aerial Dance <i>with Lea</i>	6.30 - 8.00PM Evening Yoga <i>with Samer</i>			
8.30 - 9.30PM * Aerial Yoga Open Level <i>with Amanda</i>	7.30 - 8.30PM Power Yoga <i>with Lea</i>	8.30 - 10.00PM Acro Yoga <i>with Aboudi & Lea</i>	7.30 - 8.30PM Salsa Intermediates <i>with Wassim</i>			
	7.30 - 8.30PM Salsa Intermediates <i>with Wassim</i>		8.30 - 9.30PM Modern Jazz Meets Burlesque <i>with Nada</i>			
	8.30 - 9.30PM Deep Stretching <i>with Lea</i>		9.00 - 10.00PM Tango Beginners <i>with Mina and Hadi</i>			
	8.30 - 9.30PM Ballet Adults Intermediate <i>with Nada</i>					

meraki (μερακι)

(n.) the soul, creativity, or love put into something;
the essence of yourself that is put into your work.

DANCE & YOGA STUDIO