

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				9.30 - 10.30AM * <b>Power Flow</b> <i>with Lea</i>		
				10.30 - 11.30AM * <b>Aerial Yoga</b> Open Level <i>with Aboudi</i>	10.00 - 11.00AM <b>Ballet Kids</b> 6-11 Years Old <i>with Nada</i>	
6.00 - 7.00PM * <b>Hatha Yoga</b> Pregnant Friendly <i>with Duna</i>	6.30 - 7.30PM <b>Yin Yoga</b> <i>with George</i>	6.00 - 7.00PM <b>Zumba</b> <i>with Eliane</i>	5.30 - 6.30PM <b>Ballet Kids</b> 3-4 Years Old <i>with Nada</i>	7.00 - 8.00PM * <b>Deep Stretching</b> <i>with Lea</i>		6.00 - 7.00PM * <b>Aerial Yoga</b> Open Level <i>with Lea</i>
7.00 - 8.00PM <b>Lady Styling</b> <i>with Rita</i>	6.30 - 7.30PM <b>Salsa</b> Beginner <i>with Wassim</i>	6.00 - 7.00PM <b>Ballet Kids</b> 6-11 Years Old <i>with Nada</i>	5.30 - 6.30PM <b>Salsa Teens</b> Improvers <i>with Rita</i>	7.00 - 8.00PM * <b>Aerial Yoga</b> Open Level <i>with Aboudi</i>		7.00 - 8.30PM * <b>Power &amp; Restore</b> <i>with Lea</i>
7.00 - 8.30PM <b>Restorative Vinyasa</b> <i>with Tatiana</i>	7.30 - 8.30PM <b>Power Flow</b> <i>with Lea</i>	7.00 - 8.30PM <b>Hatha Yoga</b> <i>with Aboudi</i>	6.30 - 7.30PM * <b>Aerial Yoga</b> Open Level <i>with Aboudi</i>	8.00 - 9.00PM * <b>Aerial Dance</b> Beginner <i>with Lea</i>		
8.00 - 9.00PM <b>Ballet Adults</b> Beginner <i>with Nada</i>	7.30 - 8.30PM <b>Salsa</b> Intermediate <i>with Wassim</i>	7.30 - 8.30PM * <b>Aerial Dance</b> Improvers <i>with Lea</i>	6.30 - 7.30PM <b>Salsa</b> Beginners <i>with Wassim</i>	8.00 - 9.00PM * <b>Evening Flow</b> <i>with Aboudi</i>		
8.30 - 9.30PM * <b>Aerial Yoga</b> Open Level <i>with Amanda</i>	8.30 - 9.30PM * <b>Aerial Yoga</b> Level 2 <i>with Lea</i>	8.30 - 10.00PM * <b>AcroYoga</b> <i>with be.acroyogis</i>	7.30 - 8.30PM <b>Salsa</b> Intermediates <i>with Wassim</i>			
	8.30 - 9.30PM <b>Ballet Adults</b> Intermediate <i>with Nada</i>		7.30 - 9.00PM <b>Vinyasa Yoga</b> <i>with Firas</i>			
			8.30 - 9.30PM <b>Modern Jazz</b> <b>Meets Burlesque</b> <i>with Nada</i>			
			9.00 - 10.00PM <b>Tango</b> Beginners <i>with Mina &amp; Hadi</i>			



● Yoga & Fitness ● Dance

\* Requires reservation