

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
					Studio 1 (Upstairs)	Studio 2 (Downstairs)	
<b>9:30-11:00</b> <b>Dancing</b> <b>Work Out</b> <b>Adults-</b> <b>Seniors</b> <b>Claire Porter</b>  <b>11:30-12:10</b> <b>Zoom</b> <b>Modern</b> <b>Candace</b>  <b>5:30-6:10</b> <b>Zoom</b> <b>Latin fusion</b> <b>Allison</b>  <b>6:30-7:10</b> <b>Zoom</b> <b>Modern Mon.</b> <b>Kalena</b>	<b>10:00-10:50</b> <b>"Strive"</b> <b>Adults with</b> <b>disabilities</b> <b>Amanda</b>  <b>11:30-12:30</b> <b>Modern</b> <b>Dancercise</b> <b>Adults-Seniors</b> <b>Elissa</b>  <b>6:30-7:20</b> <b>Moving</b> <b>Experience</b> <b>Adults w/</b> <b>Disabilities</b> <b>Silinea/Allison</b>	<b>9:30-11:00</b> <b>Dancing</b> <b>Work Out</b> <b>Adults-</b> <b>Seniors</b> <b>Claire Porter</b>  <b>11:30-12:10</b> <b>Zoom</b> <b>Gentle Yoga</b> <b>Elissa</b>	<b>11:30-12:10</b> <b>Zoom</b> <b>Restorative</b> <b>Stretch and</b> <b>Movement</b> <b>Katonya</b>  <b>3:20-4:10</b> <b>Gentle Yoga</b> <b>*By donation</b> <b>Elissa</b>  <b>4:30-6:00</b> <b>African Dance</b> <b>and Drum Co.</b> <b>Yahya</b> <b>Ages 8-18</b>  <b>6:30-7:20</b> <b>Hip Hop</b> <b>Jayren</b>	<b>9:30-11:00</b> <b>Dancing</b> <b>Work Out</b> <b>Adults-</b> <b>Seniors</b> <b>Claire Porter</b>  <b>5:30-6:10</b> <b>Zoom</b> <b>TGIF Yoga</b> <b>Silinea</b>	<b>11:00-12:30</b> <b>Modern Dance</b> <b>Adults</b> <b>Elissa &amp; guests</b>  <b>11:00-11:50</b> <b>Zoom</b> <b>Modern</b> <b>Kalena &amp; guests</b>  <b>3:00-4:00</b> <b>Moving</b> <b>Experience</b> <b>Ages 10-20's</b> <b>w/ Disabilities</b> <b>Amanda/Kalena</b>	<b>2:00-3:00</b> <b>Multi-</b> <b>Generational</b> <b>African Dance &amp;</b> <b>Drum</b> <b>Ages 8-Adult</b> <b>Yahya</b>  <b>2:00-3:00</b> <b>Zoom</b> <b>African</b> <b>Yahya</b>	