

Adult Schedule - Fall 2019

(August 19th - December 15th)

Monday	Beginner Contortion 5:30 - 6:30 PM	Beginner Straps 6:30 - 7:30 PM	Beginner Silks 7:30 - 8:30 PM	
Tuesday	*Adult Ballet 5:30 - 6:30 PM	All Level Stretch & Flexibility 6:30 - 7:30 PM	Beginner Handbalancing 6:30 - 7:30 PM	Beginner Lyra 7:30 - 8:30 PM
Wednesday	Heels 6:30 - 7:30 PM	*Adult Jazz Funk 7:30 - 8:30 PM	Beginner Trapeze 7:30 - 8:30 PM	Beginner Silks 8:30 - 9:30 PM
Thursday	Beginner Adult Acrobatics 5:30 - 6:30 PM	Straps Open Gym 6:00 - 7:30 PM	Intermediate Lyra 6:30 - 7:30 PM	Intermediate Trapeze 7:30 - 8:30 PM
Friday	Beginner Silks & Lyra (alternating weeks) 7:30 - 8:30 PM			
Sunday	Beginner Straps 1:00 - 2:00 PM	Cyr Wheel 2:30 - 3:30 PM	*Call school to register for straps open gym \$10	

*Adult Ballet and Adult Jazz Funk dance classes are offered at \$10 for a limited time!

