

# LET'S MOVE STUDIO

www.letsmovestudio.com

DROP INS  
Always Welcome

## SEPTEMBER CLASS SCHEDULE



\* Fall Session progressive Dance Classes start September 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					
9:00 - 10:30 am <b>Yoga</b> All Levels Jennilee	9:00 - 10:30 am <b>Yoga</b> Restorative Jennilee		9:00 - 10:30 am <b>Yoga</b> Restorative Jennilee	9:00 - 10:30 am <b>Yoga Slow Flow</b> All Levels Jennilee	9:00 - 10:00 am <b>Yoga Flow</b> All Levels Susan
10:45 - 11:45am <b>Zumba Gold</b> Beginners Laurie			10:45 - 11:45am <b>Barre</b> Beginners Tracy		10:30 - 11:30am Yoga All Levels Susan
12:05 - 12:55pm <b>Barre</b> All Levels Jennilee	12:05 - 12:55 pm <b>Awareness Through Movement</b> Cathy	12:05 - 12:55pm <b>Yoga</b> All Levels Penny	12:05 - 12:55pm <b>Yoga</b> All Levels Jennilee	12:05 - 12:55pm <b>Pound</b> All Levels Emily	11:45 - 12:35am <b>Pound</b> Family Class! Emily
		5:00 - 5:50 pm <b>Breakdancing</b> Progressive* Manny	5:00 - 5:50 pm <b>Jazz Fusion</b> All Levels Rannie	5:00 - 5:50 pm <b>Yoga</b> All Levels Susan	<b>Sunday</b>
5:00 - 5:50 pm <b>Yoga</b> All Levels Eric	6:00 - 6:50 pm <b>Bellydance</b> All Levels Corrie	<b>831 Victoria Street</b> **Please park and enter at the rear of the building** <b>250-372-9642</b>			9:00 - 10:15 am <b>Kundalini Yoga</b> All Levels Nicole
6:00 - 6:50 pm <b>Zumba</b> All Levels Courtney	7:00 - 8:00 pm <b>Burlesque</b> Level 1 Corrie	6:00 - 6:50 pm <b>Yoga</b> All Levels Eric	6:00 - 6:50 pm <b>Zumba</b> All Levels Shay & Kendra	6:00 - 6:50 pm <b>Partner Dance</b> Beginners Emily	<b>LET'S MOVE STUDIO</b> COUPON <b>ONE FREE CLASS</b> Expires September 30, 2017 <small>FOR NEW STUDENTS ONLY Dates not include pre-registered special programs, workshops or events. One per person, one-time only. Cannot be combined with any other offers, no cash value.</small> 831 Victoria Street, Kamloops www.LetsMoveStudio.com
7:00 - 7:50 pm <b>Yoga</b> Beginners Josh	8:00 - 9:30 pm <b>Burlesque</b> Level 2 Corrie	7:00 - 8:00 pm <b>BROGA</b> Men's Yoga Cameron	7:00 - 7:50pm <b>Barre</b> Beginners Tracy	7:00 - 7:50 pm <b>Retro Dance Party!</b> All Levels Jennilee	
8:00 - 8:50 pm <b>Hip Hop</b> Progressive* Pugun		8:10 - 9:00 pm <b>Gogo Dance</b> Progressive* Corrie	8:00 - 8:50 pm <b>Ballet</b> Progressive* Tracy	8:00 - 8:50 pm <b>Modern Dance</b> Progressive* Emily	