

LET'S MOVE STUDIO

www.letsmovestudio.com

DROP INS
Always Welcome

JUNE CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:25am Full Body Circuit All Levels Kim		5:45 - 6:25am Full Body Circuit All Levels Kim			
9:00 - 10:30 am Yoga All Levels Jennilee	9:00 - 10:30 am Yoga Gentle Janay		9:00 - 10:30 am Yoga Restorative Jennilee	9:00 - 10:30 am Yoga Slow Flow All Levels Jennilee	9:00 - 10:00 am Yoga Flow All Levels Susan
10:45 - 11:45am Zumba Gold Beginners Laurie	10:45 - 11:45am Bhangra All Levels Tasveer	10:45 - 11:45am Barre Beginners Tracy			10:30 - 11:30am Yoga All Levels Susan
12:05 - 12:55pm Barre All Levels Jennilee	12:05 - 12:55 pm Awareness Through Movement Cathy	12:05 - 12:55pm Yoga All Levels Penny		12:05 - 12:55pm Barre All Levels Jennilee	3:00 - 3:50 pm Jazz Fusion All Levels Rannie
1:00 - 1:50pm Wellness Toolbox All Welcome Various Instructors		5:00 - 5:50 pm Yoga All Levels Eric	5:00 - 5:50 pm Barre All Levels Tracy	5:00 - 5:50 pm Yoga Flow All Levels Susan	Sunday
5:00 - 5:50 pm Yoga All Levels Eric	6:00 - 6:50 pm Bellydance All Levels Corrie	831 Victoria Street **Please park and enter at the rear of the building** 250-372-9642			9:00 - 10:15 am Kundalini Yoga All Levels Nicole
6:00 - 6:50 pm Zumba All Levels Jaime	7:00 - 8:00 pm Burlesque Level 1 Corrie		6:00 - 6:50 pm Zumba All Levels Jaime	6:00 - 6:50 pm Partner Dance Beginners Emily	LET'S MOVE STUDIO COUPON ONE FREE CLASS Expires June 30, 2017 FOR NEW STUDENTS ONLY <small>Does 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 Barre All Levels Jaime	8:00 - 9:30 pm Burlesque Level 2 Corrie	7:00 - 7:50 pm POUND All Levels Emily	7:00 - 8:00 pm BROGA Men's Yoga Cameron	7:00 - 7:50 pm Retro Dance Party! All Levels Jennilee	
8:00 - 8:50 pm Hip Hop Progressive Kali		8:00 - 8:50 pm Gogo Dance Progressive Corrie	8:10 - 9:00 pm Ballet Progressive Tracy		