

# LET'S MOVE STUDIO

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DROP INS  
Always Welcome

## JULY CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 - 6:25am <b>Full Body Circuit</b> All Levels Kim		5:45 - 6:25am <b>Full Body Circuit</b> All Levels Kim			
9:00 - 10:30 am <b>Yoga</b> All Levels Jennilee	9:00 - 10:30 am <b>Yoga</b> Gentle Janay		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>Barre</b> All Levels Jennilee	3:00 - 3:50 pm <b>Jazz Fusion</b> All Levels Rannie
		5:00 - 5:50 pm <b>Yoga</b> All Levels Eric		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 Jaime	7:00 - 8:00 pm <b>Burlesque</b> Level 1 Corrie		6:00 - 6:50 pm <b>Zumba</b> All Levels Jaime	6:00 - 6:50 pm <b>Partner Dance</b> Beginners Emily	<b>LET'S MOVE STUDIO</b>  COUPON  <b>ONE FREE CLASS</b>  Expires July 31, 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 <b>Barre</b> All Levels Jaime	8:00 - 9:30 pm <b>Burlesque</b> Level 2 Corrie	7:00 - 7:50 pm <b>POUND</b> All Levels Emily	7:00 - 8:00 pm <b>BROGA</b> Men's Yoga Cameron	7:00 - 7:50 pm <b>Retro Dance Party!</b> All Levels Jennilee	
8:00 - 8:50 pm <b>Hip Hop</b> Progressive Jaime		8:00 - 8:50 pm <b>Gogo Dance</b> Progressive Corrie	8:10 - 9:00 pm <b>Ballet</b> Progressive Tracy		