

LET'S MOVE STUDIO

www.letsmovestudio.com

DROP INS
Always Welcome

OCTOBER CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		831 Victoria Street **Please park and enter at the rear of the building** 250-372-9642			
9:00 - 10:30 am Yoga <i>All Levels</i> Jennilee	9:00 - 10:30 am Yoga <i>Restorative</i> Jennilee		9:00 - 10:30 am Yoga <i>Restorative</i> Jennilee	9:00 - 10:30 am Yoga Slow Flow <i>All Levels</i> Jennilee	9:00 - 10:00 am Yoga Flow <i>All Levels</i> Susan
10:45 - 11:45am Zumba Gold <i>Beginners</i> Laurie			10:45 - 11:45am Barre <i>Beginners</i> Tracy		10:30 - 11:30am Yoga <i>All Levels</i> Susan
	12:05 - 12:55 pm Awareness Through Movement Cathy		12:05 - 12:55pm Yoga <i>All Levels</i> Jennilee		
			1:15 - 2:15pm Tai Chi <i>Beginners</i> James		Sunday
5:00 - 5:50 pm Yoga <i>All Levels</i> Eric			5:00 - 5:50 pm Jazz Fusion <i>All Levels</i> Rannie	5:00 - 5:50 pm Yoga <i>All Levels</i> Susan	9:00 - 10:15 am Kundalini Yoga <i>All Levels</i> Nicole
6:00 - 6:50 pm Zumba <i>All Levels</i> Courtney	6:00 - 6:50 pm Bellydance <i>Progressive*</i> Corrie	6:00 - 6:50 pm Yoga <i>All Levels</i> Eric	6:00 - 6:50 pm Zumba <i>All Levels</i> Courtney & Kendra	6:00 - 6:50 pm Partner Dance <i>Beginners</i> Emily	LET'S MOVE STUDIO COUPON ONE FREE CLASS Expires Novmbr 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>
	7:00 - 8:00 pm Burlesque <i>Level 1 Progressive*</i> Corrie	7:00 - 8:00 pm BROGA <i>Men's Yoga</i> Cameron	7:00 - 7:50pm Barre <i>Beginners</i> Tracy	7:00 - 7:50 pm Party Pound <i>All Levels</i> Emily Ann	
8:00 - 8:50 pm Hip Hop <i>Progressive*</i> Pugun	8:00 - 9:30 pm Burlesque <i>Level 2 Progressive*</i> Corrie	8:10 - 9:00 pm Gogo Dance <i>Progressive*</i> Corrie	8:00 - 8:50 pm Ballet <i>Progressive*</i> Tracy	8:00 - 8:50 pm Modern Dance <i>Progressive*</i> Emily	

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