






LET'S MOVE STUDIO

www.letsmovestudio.com

DROP INS
Always Welcome

JANUARY 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 All Levels Jennilee	9:00 - 10:30 am Yoga Restorative Jennilee		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 Barre Beginners Tracy		10:30 - 11:30am Yoga All Levels Susan
	12:05 - 12:55 pm Mindful Movement Jennilee		12:05 - 12:55pm Yoga All Levels Jennilee		
		1:15 - 2:15pm Feldenkrais: Awareness Through Movement Cathy	1:15 - 2:15pm Tai Chi Beginners James		Sunday
5:00 - 5:50 pm Yoga All Levels Eric		5:00 - 5:50 pm Retro Zumba All Levels Jennilee	5:00 - 5:50 pm Jazz Fusion All Levels Rannie	5:00 - 5:50 pm Yoga All Levels Susan	9:00 - 10:15 am Kundalini Yoga All Levels Nicole
6:00 - 6:50 pm Zumba All Levels Courtney	6:00 - 6:50 pm Bellydance Progressive* Corrie	6:00 - 6:50 pm Yoga All Levels Eric		6:00 - 6:50 pm Partner Dance Beginners Emily	LET'S MOVE STUDIO COUPON ONE FREE CLASS Expires January 31, 2018 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 - 8:00 pm BROGA Men's Yoga Cameron	7:00 - 8:00 pm Burlesque Level 1 Progressive* Corrie	7:00 - 7:50 pm Barre All Levels Jennilee	7:10 - 8:00pm Zumba All Levels Courtney & Kendra	7:00 - 7:50 pm Party Pound All Levels Emily Ann	
8:10 - 9:00 pm Hip Hop Progressive* Pugun	8:00 - 9:30 pm Burlesque Level 2 Progressive* Corrie	8:00 - 8:50 pm Gogo Dance Progressive* Corrie	8:10 - 9:00 pm Ballet Progressive* Tracy	8:00 - 8:50 pm Modern Dance Progressive* Emily	