


# LET'S MOVE STUDIO

www.letsmovestudio.com

DROP INS  
Always Welcome

## FEBRUARY CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>831 Victoria Street</b> **Please park and enter at the rear of the building** <b>250-372-9642</b>			
9:00 - 10:00 am <b>Yoga</b> <i>Beginners</i> Jennilee	9:00 - 10:30 am <b>Yoga</b> <i>Restorative</i> Jennilee		9:00 - 10:30 am <b>Yoga</b> <i>Restorative</i> Jennilee	9:00 - 10:30 am <b>Yoga</b> <i>Restorative</i> Jennilee	9:00 - 10:00 am <b>Yoga Flow</b> <i>All Levels</i> Susan
10:05 - 10:55am <b>Zumba Gold</b> <i>Beginners</i> Laurie			10:45 - 11:45am <b>Barre</b> <i>Beginners</i> Tracy		10:30 - 11:30am Yoga <i>All Levels</i> Susan
11:00 - 11:30am <b>Chair Yoga</b> <b>Beginners \$2</b> Tania	12:05 - 12:55 pm <b>Mindful Movement</b> Jennilee	11:00 - 11:30am <b>Chair Yoga</b> <b>Beginners \$2</b> Tania	12:05 - 12:55pm <b>Yoga</b> <i>All Levels</i> Jennilee		
		1:15 - 2:15pm <b>Feldenkrais:</b> <i>Awareness Through Movement</i> Cathy	1:15 - 2:15pm <b>Tai Chi</b> <i>Beginners</i> James		<b>Sunday</b>
5:00 - 5:50 pm <b>Yoga</b> <i>All Levels</i> Eric		5:00 - 5:50 pm <b>Retro Zumba</b> <i>All Levels</i> Jennilee & Emily	5:00 - 5:50 pm <b>Jazz Fusion</b> <i>All Levels</i> Pugun	5:00 - 5:50 pm <b>Yoga</b> <i>All Levels</i> Susan	9:00 - 10:15 am <b>Kundalini Yoga</b> <i>All Levels</i> Nicole
6:00 - 6:50 pm <b>Zumba</b> <i>All Levels</i> Courtney	6:00 - 6:50 pm <b>Bellydance</b> <i>Progressive*</i> Corrie	6:00 - 6:50 pm <b>Yoga</b> <i>All Levels</i> Eric		6:00 - 6:50 pm <b>Partner Dance</b> <i>Beginners</i> Emily	<b>LET'S MOVE STUDIO</b> COUPON <b>ONE FREE CLASS</b> Expires February 28, 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 <a href="http://www.LetsMoveStudio.com">www.LetsMoveStudio.com</a>
7:00 - 8:00 pm <b>BROGA</b> <i>Men's Yoga</i> Cameron	7:00 - 8:00 pm <b>Burlesque</b> <i>Level 1 Progressive*</i> Corrie	7:00 - 7:50 pm <b>Barre</b> <i>All Levels</i> Emily & Jennilee	7:10 - 8:00pm <b>Zumba</b> <i>All Levels</i> Courtney & Kendra	7:00 - 7:50 pm <b>Party Pound</b> <i>All Levels</i> Emily	
8:10 - 9:00 pm <b>Hip Hop</b> <i>Progressive*</i> Pugun	8:00 - 9:30 pm <b>Burlesque</b> <i>Level 2 Progressive*</i> Corrie	8:00 - 8:50 pm <b>Gogo Dance</b> <i>Progressive*</i> Corrie	8:10 - 9:00 pm <b>Ballet</b> <i>Progressive*</i> Tracy	8:00 - 8:50 pm <b>Modern Dance</b> <i>Progressive*</i> Emily	