

Schedule JazzEx Dance, Spinning and Fitness Starting Monday 21st September 2009

Studio	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Studio
	1	2	CFC	1	2	CFC	1	2	CFC	1	2	CFC	1	2	CFC	1	2	CFC	
time																			time
09.30																			09.30
09.45																			09.45
10.00																			10.00
10.15																			10.15
10.30																			10.30
10.45																			10.45
11.00																			11.00
11.15																			11.15
11.30																			11.30
11.45																			11.45
12.00																			12.00
12.15																			12.15
12.30	Body Shape																		12.30
12.45																			12.45
13.00																			13.00
13.15																			13.15
13.30																			13.30
13.45																			13.45
14.00				Jazz Ballet 2°									Jazz Ballet 1°						14.00
14.15																			14.15
14.30																			14.30
14.45																			14.45
15.00				7-8y	Jazz Ballet Prép1°								7-9y						15.00
15.15				Jazz Ballet 4°	5-6y								Jazz Ballet 4°						15.15
15.30																			15.30
15.45																			15.45
16.00				10-12y	Pré-Ballet								10-12y						16.00
16.15				Jazz M	4-5 y								Jazz M						16.15
16.30																			16.30
16.45	Jazz I																		16.45
17.00		Break Dance 1°		Juniors					Jazz I	Jazz Ballet 1°			Juniors						17.00
17.15																			17.15
17.30																			17.30
17.45																			17.45
18.00	Jazz M	Pump		B-M	Spin B-A				Jazz M				Teens Adults	Spin B-A					18.00
18.15																			18.15
18.30																			18.30
18.45																			18.45
19.00																			19.00
19.15	Afro xe M	All-Terrain																	19.15
19.30																			19.30
19.45																			19.45
20.00	Adults																		20.00
20.15																			20.15
20.30	Jazz A																		20.30
20.45																			20.45
21.00	Adults starts																		21.00
21.15																			21.15
21.30																			21.30

One block is 15 minutes. The class starting time is on the left or right side of that block. Please read the studio routes, we hope you respect them.