

Schedule JazzEx Dance, Spinning and Fitness Center. Season 2007 - 2008

	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	Studio
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		Cardio Fitness	T.B.C.			Stretch° Pilates	Spin interv.	Cardio Fitness	Step & Tone	x		Afro Ché** Dance	Spin interv.	Cardio Fitness				12.30
12.45			OPEN						OPEN		x								12.45
13.00											x								13.00
13.15												x							13.15
13.30																			13.30
13.45																			13.45
14.00				Jazz Ballet 3°									Jazz Ballet 2°						14.00
14.15																			14.15
14.30																			14.30
14.45																			14.45
15.00				8-10y	Jazz Ballet								7-8y	Jazz Ballet					15.00
15.15				Jazz Ballet	Prép1°								Ballet	Prép2°					15.15
15.30				3°	5-6y								3°-5°	6-7y					15.30
15.45					Pré-Ballet														15.45
16.00				10-12y									10-13y	HipHop B-M					16.00
16.15					4 y									Teens					16.15
16.30				Jazz M	Break Dance		Jazz M	Break Dance					Jazz	Ballet					16.30
16.45	Jazz Ballet 5°			Juniors	2°		Teens	1°					HipHop B-M	1°					16.45
17.00													Teens	8-11y					17.00
17.15																			17.15
17.30	10-12y			HipHop B															17.30
17.45		Pump		Teens	Spin B-A		Jazz I-A	Step & Tone					Hiphop M	Spin B-A					17.45
18.00	Jazz B			Adults			Teens						Teens	Ballet					18.00
18.15													Adults						18.15
18.30	Adults	Spin B-A		HipHop B-M	Spin B-A		Teens	Spin B-A					Funky Jazz I	Basic Core Train. B-A					18.30
18.45				Adults															18.45
19.00	Jazz I-A			Teens															19.00
19.15				Adults															19.15
19.30	Teens																		19.30
19.45				Jazz I-A	Abs Buns Thighs		Jazz I												19.45
20.00		x		Adults			Adults												20.00
20.15	Jazz A	x																	20.15
20.30		x																	20.30
20.45		x																	20.45
21.00	Teens																		21.00
21.15	Adults																		21.15
21.30																			21.30

Spin B-A All-terrain
Open for Individ. Fitness Training

Dance for Teens & Adults
Dance for Kids
Fitness Group Classes
Open for fitness training
Spinning classes
please test yourself
B = Beginner level
M = Moyens ..
I = Intermediate ..
A = Advanced ..
y= age group dance kids
° =instruction level kids
♥ =heart-rate class
** = dance class, can be used with fitness abbo.
No class during dance holidays.

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