



Keep In Shape – Summer Classes GLS

Commencing June 12-August 3, 2017

Tuesday Classes

Studio 1/2	Studio 3	Studio 4	Studio 6
4:30pm-5:30pm Competitive Mini Jazz			
5:30-6:45pm Competitive Intermediate + Advanced Jazz			5:30pm-6:45pm Competitive Junior Ballet
6:45pm-8:00pm Competitive Junior Jazz			6:45pm-8:00pm Competitive Intermediate + Advanced Ballet

Wednesday Classes

Studio 1/2	Studio 3	Studio 4	Studio 6
	6:30pm-8:00pm Adult Ballet Techniques		6:30pm-7:30pm Stretch + Conditioning 12 yrs and Under (contact grace_myles@live.ca to register)
			7:30pm-8:30pm Stretch + Conditioning 13 yrs and Over (contact grace_myles@live.ca to register)
			8:30pm-9:30pm Adult Restorative Yoga (contact grace_myles@live.ca to register)

Thursday Classes

Studio 1/2	Studio 3	Studio 4	Studio 6
4:30-5:30pm Competitive Mini Jazz			
5:30-6:45pm Competitive Intermediate + Advanced Jazz			5:30pm-6:45pm Competitive Junior Ballet
		5:45pm-6:45pm Competitive Mini Tap	
6:45pm-8:00pm Competitive Junior Jazz			6:45pm-8:00pm Competitive Intermediate + Advanced Ballet
	8:30pm-9:30pm Adult Jazz (contact grace_myles@live.ca to register)		