WELHELMINE TEW DAMON FITNESS CENTER
2019 FALL DANCE STUDIO SCHEDULE

Monday and Wednesday

HPR 2541 B	Massey	Yoga	12:30-1:20 p.m.

Tuesday and Thursday

HPR 2541 A	Johnson	Yoga	1:30-2:20 p.m.
HPR 1551 J	Lewis	Spin	3:30-4:20 p.m.
Ballet	*Carns*	*(6 & 7 year olds) (Tuesdays)*	*4:30-5:20 p.m.*
		(9-11 year olds) (Tuesdays)	*5:30-6:20 p.m.*
		(12 years and up)(Tuesdays)	*6:30-7:45 p.m.*
Ballet	*Carns*	*(7 & 8 year olds) (Thursdays)*	*4:30-5:20 p.m.*
		(11 years and up) (Thursdays)	*5:30-6:20 p.m.*
		(12 years and up) (Thursdays)	*6:30-7:45 p.m.*
Pointe for Beginners to toe for 12 years and up		*(Thursdays)*	*6:30-7:00 p.m.*
Pointe for 13 years and up		*(Thursdays)*	*6:30-7:45 p.m.*

Friday

	MCC Dance Team	4:30-6:30 p.m.

These classes are offered through Continuing Education

Classical Ballet Tuesdays and Thursdays

*Ballet begins August 13th and ends on December 3rd

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