

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SCHEDULE STUDIO I		LAB_OBRADOR Professional 11:00 am to 1:00 pm		Dance for over 60s. 10:00 am to 11:00 am		
	Contemporary dance Children 2 5:30 pm to 6:30 pm	Stretching + Muscular Reinforcement Youth & Adults 5:30 pm to 6:30 pm	Contemporary dance Children 1 5:00 pm to 6:00 pm	Ballet Beginners Children 3 5:00 pm to 6:00 pm	Contemporary dance Children 3 5:30 pm to 6:45 pm	
	Contemporary dance Youth 6:45 pm to 8:15 pm	Ballet Intermediate 6:45 pm to 8:15 pm	Contemporary dance Children 3 6:00 pm to 7:15 pm	Ballet Beginners 6:00 pm to 7:15 pm	Ballet Intermediate 7:00 pm to 8:30 pm	
	Dance workshop Adults 8:30 pm to 10:00 pm	Contemporary dance Int/adv. 8:30 pm to 10:00 pm	Feldenkrais dance Adults 7:30 pm to 9:00 pm	Contemporary dance Youth 7:15 pm to 8:45 pm		

* The schedule may change depending on groups' needs.

SCHEDULE STUDIO II		Feldenkrais Method Adults 10:00 am to 11:00 am				
						Children 1: 6 - 8 y.o. Children 2: 9 - 10 y.o. Children 3: 11 - 12 y.o. Youth: + 13
	Move in freedom Children 4 - 5 yrs. 5:15 pm to 6:15 pm	Move in freedom Children 3 - 4 yrs. 5:15 pm to 6:15 pm	Feldenkrais Method Adults 4:45 pm to 5:45 pm			
						The ages are illustrative. We are guided by the learning process of the student.
	Feldenkrais Method Adults 8:00 pm to 9:00 pm					