

WINTER 2019 @ 174 FIRST AVENUE

Weekly Schedule at a Glance (JAN 7 - MARCH 8)

MONDAY

TIME	PINK STUDIO	ORANGE STUDIO
7:30 - 8:30 PM	Adult Ballet Level 2/3 (7:30 - 8:45pm) Daphné Drop-Ins Welcome	Adult Tap with Ottawa Rhythm Initiative
8:30 - 9:30 PM	Adult Pointe (8:45 - 9:30pm) Daphné <i>Permission Only & Progressive</i>	Adult Tap with Ottawa Rhythm Initiative

TUESDAY

TIME	PURPLE STUDIO	BLUE STUDIO
7:30 - 8:30 PM		Adult Conditioning for Dancers Mel F (Drop-ins Welcome)
8:30 - 9:30 PM	Adult Acro Victoria K (Drop-ins Welcome)	

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WEDNESDAY

TIME	BLUE STUDIO	PINK STUDIO	ORANGE STUDIO
12:00 - 1:00PM		All Levels Lunch-Time Ballet Daphné (Drop-Ins Welcome)	
6:30 - 7:30 PM			Adult Jazz Melanie K (Drop-Ins Welcome)
7:30 - 8:30 PM		Adult Ballet Level 2/3 Ashley (Drop-Ins Welcome)	Adult Contemporary Melanie K (Drop-Ins Welcome)

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THURSDAY

TIME	PURPLE STUDIO	BLUE STUDIO	GREEN STUDIO
6:30 - 7:30 PM		Adult Ballet Level 1 Rae (Drop-Ins Welcome)	
7:30 - 8:30 PM		Adult Ballet Level 2 Rae (Drop-Ins Welcome)	
8:30 - 9:30 PM	Adult Limbering Victoria K (Drop-Ins Welcome)	Adult Ballet Level 3 Rae (Drop-Ins Welcome)	*NEW* Adult Hip-Hop All Level Gemma-Lee (Drop-Ins Welcome)

FRIDAY

TIME	PURPLE STUDIO	PINK STUDIO	BLUE STUDIO
6:30 - 7:30 PM	Ballroom Basics Chris Drumm (Drop-Ins Welcome)		
7:30 - 8:30 PM		Adult Ballet Level 3 Daphné (Drop-Ins Welcome)	Latin Basics Chris Drumm (Drop-Ins Welcome)

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SUNDAY

TIME	BLUE STUDIO
11:00 - 12:00 PM	Yoga (FREE for KV Parents) Bonney Elliot (Drop-Ins Welcome)