

ADULT SPRING @ 174 FIRST AVENUE

Weekly Schedule at a Glance (MARCH 18 - JUNE 21)

MONDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
7:30 - 8:30 PM		Adult Tap w/ Ottawa Rhythm Initiative	Adult Ballet Level 2/3 (Drop-Ins Welcome) Daphné 7:30PM - 8:45PM		
8:30 - 9:30 PM		Adult Tap w/ Ottawa Rhythm Initiative	Adult Pointe Daphné Permission Only & Progressive 8:45PM - 9:30PM		

TUESDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
7:30 - 8:30 PM				Adult Dance Conditioning (Drop-Ins Welcome) Mel F	
8:30 - 9:30 PM	Adult Acro (Drop-Ins Welcome) Victoria K				

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WEDNESDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
12:00 - 1:00pm			Adult Ballet All Level (Drop Ins Welcome) Daphné		
6:30 - 7:30 PM		Adult Jazz (Drop-Ins Welcome) Melanie K			
7:30 - 8:30 PM			Adult Ballet Level 2 (Drop Ins Welcome) Ashley		
8:30 - 9:30 PM		Adult Tai-Chi (Drop-Ins Welcome) Doug W.	Adult Shuffling Brian Tong	Adult Contemporary (Drop-Ins Welcome) Melanie K	

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THURSDAY

TIME	PURPLE STUDIO	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
6:30 - 7:30 PM	FITMOM CLASS			Adult Ballet Level 1 (Drop-Ins Welcome) Rae	
7:30 - 8:30 PM	FITMOM CLASS			Adult Ballet Level 2 (Drop-Ins Welcome) Rae	
8:30 - 9:30 PM	Adult Limbering (Drop-Ins Welcome) Victoria K				*New!* Adult Hip-Hop (Drop-Ins Welcome) Gemma-Lee

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FRIDAY

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

SATURDAY

TIME	Purple Studio	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
9:00 - 10:00 AM			FITMOM CLASS		

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SUNDAY

TIME	Purple Studio	ORANGE STUDIO	PINK STUDIO	BLUE STUDIO	GREEN STUDIO
11:00 - 12:00 PM				Adult Yoga (FREE for KV Parents) (Drop-Ins Welcome) Bonney	