CANADA WATER STUDIOS TIMETABLE - WWW.CANADAWATERSTUDIOS.COM

Spring	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2	STUDIO 1	STUDIO 2
0700		6.30-7.30am Fitness Lexi		7-8am Private Fitness Lucy	7-8am Private Fitness Lucy	7-8am Private Fitness Lexi		7-8am Private Fitness Lexi		7-8am Private Fitness Lucy		7-8am Private Fitness Lexi		
0715														
0730	7.30-8.30am Private Pilates Catherine								7.30-8.30am Private Pilates Catherine					
0745														
0800														
0815														
0830		8.30-9.30am Barre Class Verner												
0845														
0900														
0915											9.00-9.45am 2.5-3.5 yr Ballet	9.15-10am 3.5-4.5yr Ballet		9.00am-2.00pm Musical Theatre
0930													9.15-12.00pm Little Bunnies Mandarin	
0945			9.15-11.15am Baby Bear Club								9.45-10.30am 2.5-3.5yr Ballet			
1000	9.30-11.30am Baby Bear Club				9.15-12.15pm Baby Bear Club		10.00-12.00pm Sing and Sign		9.15-12.15am Baby Bear Club			10-10.45am Transition (Reception) Ballet		
1015											10.45-11.30am 4 & 5 yr STREETANCE		Contact Little Bunnies	
1030												10.45-11.30am Primary		
1045	Contact Olya						Tricia	10.15-12.30pm Musical Mayhem	Contact Olya		11.30-12.15pm 3.5 - 4.5 yr Ballet			
1100												11.30-12.15pm Standard 1		
1115											12.15-1pm Dance Stretch 8yr+	12.15-1pm Standard 2		
1130														
1145				9.45-2.45pm Baby Sensory								1-1.45pm Standard 3		
1200			12.00-1.00pm Baby Massage										1.00-3pm Cuban Salsa Contact Daren	
1215														
1230			Contact Olya		12.30-2.00pm Baby Massage									
1245											1.00-4.00pm Birthday Parties	1.45-3.45pm Barre Terre		
1300														
1315												Contact Kim		
1330														
1345														
1400														
1415														2-5.30pm Private Rehearsal Charlotte
1430														
1445														
1500														
1515		3.15-6.30pm Musical Mayhem Contact Linzi												
1530														
1545				3.45-4.30pm 3.5-4.5yr Ballet				4- 4.45pm 4-5yr Streetdance						
1600														
1615	4.15-5.45pm Kids Contemporary Dance Contact Helen		3.30-6.30pm Musical Mayhem Contact Linzi	4.30-5.15pm Transition (Recption) Ballet	4.15-5.00pm Transition (Recption) Ballet	4.45- 5.30pm 6-7yr Streetdance	4.15-5.30pm Haedistar Contact Kathe							
1630														
1645				5.15-6pm Primary Ballet	5-5.45pm Primary Ballet	5.30- 6.15pm 8-9yr Streetdance						4.30-6.00pm Restorative Yoga		
1700														
1715				6-6.45pm Standard 1	5.45-6.30pm St 1 Advanced									
1730	5.45-6.45pm Private Fitness Lexi								5.30-6.30pm Private Fitness Lexi	5.00-6.30pm Musical Mayhem Contact Linzi			5.30-6pm Charlotte	
1745					6.30-7.15pm St 3 Advanced		6-7pm Belly Dancing Contact Janan	6.30-7.45pm Adult Beginner Ballet						
1800													6-7.00pm Dynamic Mat Pilates (Beginner)	
1815														
1830		6.30-7.30pm Private Fitness Lucy	6.30-7.30pm Tai Chi Contact Edd		6.15-7.15pm Mat Pilates Beginners									
1845														
1900	6.45-8.00pm Pregnancy Yoga			7.00-8.15pm Yoga Beginners			7.00-8.15pm Pregnancy Yoga		6.30-7.30pm Private Fitness Lucy	6.45-8.30pm Flash Mob Contact Anna			7.00.8.00pm Dynamic Mat Pilates (Intermediate)	7-8.15pm Vinyasa Flow
1915					7.15-8.30pm Yoga Beginners	7.30-9pm Adult Musical Theatre Contact Anna Fiorentini		7.45-8.30pm Legs, Bums & Tums						
1930									7.00-9.00pm Private rehearsal Cora					
1945			7.30- 8.30pm Yoga for Weight Loss											
2000	8 - 9pm FUSION Yoga+Pilates	8.15-9pm Body Conditioning		8.15-9.00pm Dance Fitness / ZUMBA	8.30-9.30pm Mat Pilates Beginners		8.15-9.30pm Rocket Yoga	8.30-9.15pm Body Conditioning						
2015														
2030														
2045														
2100		9-10pm 3d Burn Fitness Programme contact Grace				9-10pm 3d Burn Fitness Programme contact Grace		9.15-10pm 3d Burn Fitness Programme contact Grace	9-10.30pm Private Rehearsal Carlos				8-10.30pm Adult Ballroom Contact Kristina	
2115														
2130														
2145														
2200														