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		6.30-7.30am Fitness Lexi		7-8am Private Fitness Lucy		7-8am Private Fitness Lexi		
0715														
0730														
0745														
0800														
0815														
0830				0830-0930 Private Ballet										
0845														
0900														
0915											9.00-9.45am 2.5-3.5 yr Ballet	9.15-10am Transition (Reception) Ballet		
0930											9.45-10.30am 2.5-3.5yr Ballet			
0945														
1000	9.30-11.30am Baby Bear Club		9.15-11.15am Baby Bear Club		9.15-12.15pm Baby Bear Club		9.45-1.15pm Sing and Sign	9.45-12.00pm	9.15-12.15pm Baby Bear Club			10-10.45am Primary	9.15-12.00pm Little Bunnies Mandarin	
1015														
1030														
1045											10.45-11.30am 3.5 - 4.5 yr Ballet			
1100														
1115														
1130											11.30-12.15pm 3.5 - 4.5 yr Ballet	10.45-11.30am Standard 1		
1145														
1200										11.30-1.00pm Baby Yoga		11.30-12.15pm Standard 2	12.00-1.00pm Yoga for Kids Gabriella	
1215														
1230											12.15-1pm Dance Stretch 8yr+	12.15-1pm Standard 3		
1245														
1300														
1315												1-1.45pm Standard 4		
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2130														
2145														
2200														

Contact Olya

0930-1345 Baby Sensory

Contact Anna

0930-1345 Baby Sensory

Contact Anna

Contact Olya

Musical Mayhem

Contact Linzi

Contact Olya

Contact Linzi

Contact Olya

Contact Olya

Contact Olya

Contact Olya

Contact Olya

Contact Little Bunnies

9.00am-2.00pm Musical Theatre

Contact Linzi

1.00-3pm Cuban Salsa Contact Daren

1.00-4.00pm Birthday Parties

1.45-3.45pm Barre Terre

Contact Kim

2.00-5.30pm

Private Rehearsal

Charlotte

3.15-6.30pm

Musical Mayhem

Contact Linzi

4.15-5.45pm Kids Contemporary Dance

Contact Helen

3.30-5.30pm Musical Mayhem

Contact Linzi

3.45-4.30pm Transition (Recption) Ballet

4.30-5.15pm Primary Ballet

5.15-6pm Standard 1 Ballet

6-6.45pm Standard 2 Ballet

4.15-6.00pm Kds Contemporary Dance Contact Helen

3.45-4.30pm 3.5 - 4.5 yr Ballet

4.30-5.15pm Transition (Recption) Ballet

5.15-6.00pm Primary Ballet

6.00-6.45pm Standard 1

6.45-7.30pm Standard 4

4- 4.45pm 4-5yr Streetdance

4.45- 5.30pm 6-7yr Streetdance

5.30- 6.15pm 8-9yr Streetdance

1630-1745 Haedistar

Contact Kathe

4.00-5.00pm Yoga for Kids Gabriella

4.30-6.00pm Restorative Yoga

5-6.00pm

UK China Performing Arts

5.00-6.30pm Musical Mayhem Contact Linzi

5.45-6.45pm Private Fitness Lexi

6-7pm Belly Dancing Contact Janan

5.30-6.30pm Private Fitness Lexi

6.15-7.15pm Mat Pilates Beginners

6.30-7.30pm Tai Chi Contact Edd

6.30-7.30pm Private Fitness Lucy

6.30-7.45pm Adult Beginner Ballet

6-8.00pm

UK China Performing Arts

6-7.00pm Dynamic Mat Pilates (Beginner)

6.00-7.00pm Gong Contact Sarah

6.45-8.00pm Pregnancy Yoga

7.00-8.15pm Pregnancy Yoga

6.30-7.30pm Private Fitness Lucy

6.45-8.30pm Flash Mob

Contact Anna

7.00-8.15pm Yoga Beginners

7.15-8.30pm Yoga Beginners

7.30- 8.30pm Yoga for Weight Loss

Martial Arts 7.30-8.15pm Contact Emma

7.30-9pm Adult Musical Theatre Contact Anna Fiorentini

7.00-8.00pm Private sessions Contact Ranil

7-8.15pm Vinyasa Flow

8 - 9pm FUSION Yoga+Pilates

8.15-9pm Body Conditioning

8.15-9.00pm Dance Fitness / ZUMBA

7.45-8.30pm Legs, Bums & Tums

8.30-9.15pm Body Conditioning

8.15-9.30pm Rocket Yoga

8.30-9.30pm Mat Pilates Beginners

9-10.30pm Private Dance RKS

9-10pm 3d Burn Fitness Programme contact Grace

9-10pm 3d Burn Fitness Programme contact Grace

9-10pm 3d Burn Fitness Programme contact Grace

9-10.30pm Private Rehearsal Carlos

8-10.30pm Adult Ballroom Contact Ranil