CANADA WATER STUDIOS TIMETABLE - WWW.CANADAWATERSTUDIOS.COM

Autumn	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 Roz	6.30-7.30am Fitness Lexi				6.30-7.30am Fitness Lexi		7-8am Private Fitness Lexi		
0715														
0730														
0745														
0800														
0815														
0830														
0845														
0900														
0915											9.00-9.45am 2.5-3.5 yr Ballet	9.15-10am Transition (Reception) Ballet	8.30-12.00pm Little Bunnies Mandarin	
0930														
0945	9.15-11.15pm 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			9.30-12.00pm Musical Mayhem	9.30-11.30pm Baby Bear Club					
1015														
1030		10.00-12.00pm Private Ballet									10.30-11.15am 3.5 - 4.5 yr Ballet	10-10.45am Primary		
1045														
1100														
1115											11.15-12.00pm 3.5 - 4.5 yr Ballet	10.45-11.30am Standard 1		
1130														
1145														
1200				0930-1400 Baby Sensory		0915-1345 Baby Sensory	0945-1315 Sing and Sign		11.30-1.00pm Baby Yoga	1100-1300 Leap of Faith	12.00-1.00pm Standard 5	11.30-12.15pm Standard 2	12.00-1.00pm Family Yoga Gabriella	9.45am-2.00pm Musical Theatre
1215														
1230														
1245												12.15-1pm Standard 3		
1300		1200-1500 Private Rehearsal			12.30-2.00pm Baby Massage			1200-1500 Private Rehearsal						
1315												1-1.45pm Standard 4	1.00-3pm Cuban Salsa Contact Daren	
1330														
1345														
1400														
1415														
1430														
1445														
1500														
1515											3-4.30pm Chinese Dance for Kids			
1530														
1545				3.45-4.30pm Transition (Recption) Ballet		3.45-4.30pm 3.5 - 4.5 yr Ballet								
1600			3.30-5.30pm Musical Mayhem					4- 4.45pm 4-5yr Streetdance						
1615														
1630				4.30-5.15pm Primary Ballet		4.30-5.15pm Transition (Recption) Ballet		4.45- 5.30pm 6-7yr Streetdance			4.30-6.00pm Restorative Yoga			
1645	4.15-6.45pm Kids Contemporary Dance	3.30-6.45pm Musical Mayhem			4.15-6.00pm Kds Contemporary Dance									
1700				5.15-6pm Standard 2 Ballet		5.15-6.00pm Primary Ballet		5.30- 6.15pm 8-9yr Streetdance		5.00-6.30pm Musical Mayhem Contact Linzi		4-8.00pm		
1715														
1730									5.30-6.30pm Family Yoga Gabriella					
1745											6-7.30pm			
1800				6-6.45pm Standard 3 Ballet		6.00-6.45pm Standard 1							6-7.00pm Dynamic Mat Pilates (Beginner)	6.00-7.00pm Gong Contact Sarah
1815					6.15-7.15pm Mat Pilates Beginners	6.45-7.30pm Standard 2	6-7pm Belly Dancing Contact Janan							
1830			6.30-7.30pm Tai Chi Contact Edd					6.30-7.45pm Adult Beginner Ballet	6.30-7.30pm Private Fitness Lexi		Chinese Dance for Kids			
1845	6.45-8.00pm Pregnancy Yoga						7.00-8.15pm Pregnancy Yoga							
1900				7.00-8.15pm Yoga Beginners	7.15-8.30pm Yoga Beginners	7.30-9pm Adult Musical Theatre Contact Anna Fiorentini		7.45-8.30pm Legs, Bums & Tums	7.30-9.00pm Dance Academy Contact Lexi	6.45-8.30pm Flash Mob Contact Anna				7-8.15pm Vinyasa Flow
1915		Martial Arts 7.15-8.15pm Contact Emma												
1930														
1945														
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					7.00-10.00pm Ballroom Dance Contact Ranil	
2015														
2030														
2045														
2100	9-10.30pm Private Dance RKS	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						
2115														
2130														
2145														
2200														