

*Dance  
With Joy*

# Fitness Schedule

[WWW.DWJSTUDIO.COM](http://WWW.DWJSTUDIO.COM)

Monday

6:00-7:00pm – Yoga 101



Tuesday

6:00-7:00pm - Everybody Dance/Power Sculpt Cardio Fusion

Wednesday

11:00-12:00pm – Everybody Dance/Power Sculpt Cardio Fusion

4:00-4:30pm – Face Yoga

4:45-5:45pm – Yoga, Gentle/Restorative Fusion

6:00-7:30pm – Yoga/Pilates Fusion



Thursday

5:00-5:50pm – Pilates Mat Class



Friday

11:00-12:00pm – Yoga, Gentle/Restorative Fusion

12:15-12:45pm – Chair Yoga

Classes Begin Sept 6<sup>th</sup>