



**HeART in Motion Adult Schedule**  
September 2022 - June 2023



MONDAY		TUESDAY		WEDNESDAY	
2nd Floor	3rd Floor	2nd Floor	3rd Floor	2nd Floor	3rd Floor
		9:00 AM Pilates Ball		9:00 AM Me & My Shadow	9:15 AM Cardio Dance Fitness
				10:00 AM Intermediate Ballet	
11:30 AM Luigi Jazz					
	7:00 PM Restorative Yoga	6:30 PM Baroque Dance		6:30 PM Luigi Jazz	
THURSDAY		FRIDAY		SATURDAY	SUNDAY
2nd Floor	3rd Floor	2nd Floor	3rd Floor	2nd Floor	2nd Floor
9:00 AM Pilates Ball				9:00 AM Power Vinyasa Flow*	
		10:00 AM Intermediate/Advanced Ballet			10:00 AM Me & My Shadow
		11:30 AM Pointe		10:30 AM Intermediate Ballet	11:15 AM Pilates Mat
12:00 PM Open Level Tap		12:15 PM True Beginner Ballet			12:30 PM Intermediate Ballet
7:15 PM Open Level Hip Hop		7:00 PM Advanced Beginner Ballet			

\*Outdoors if weather permits

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