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			7-8am Rise & Shine Yoga											
0715														
0730														
0745														
0800	8-9am Private Pilates								8-9am Private Pilates				8-9.15am Yoga Beginners	
0815														
0830														
0845														
0900														
0915					9.15-12.15pm Baby Bear Club						9.15-11.30pm Little Bunnies Mandarin [TERM TIME ONLY] Contact Little Bunnies	9.15-10am 2.5-3.5yr Ballet		9-10am JUMP Fitness Contact Julia
0930														
0945														
1000	9.30-12.30pm Baby Bear Club Contact Olya	10-1pm Advanced Ballet Contact Sophie		10-2pm Baby Sensory?					10.00-12.00am Baby Bear Club Contact Olya			10-10.45am 3.5-4.5yrBallet	9.30-12.45pm Little Bunnies Mandarin [TERM TIME ONLY] Contact Little Bunnies	10am-4.30pm Musical Theatre [TERM TIME ONLY] Contact Linzi
1015														
1030			10.30-12.30pm Baby Bear Club									10.45-11.30am Transition (Reception) Ballet		
1045														
1100											11.30-1pm Adult Tango Contact Raquel Greenberg			
1115														
1130												11.30-12.15pm Primary Ballet		
1145														
1200														
1215														
1230	12.30-1.30pm Private Rehearsal				12.15-1.15pm Private Rehearsal		12.30-1.30pm Private Rehearsal		12.15-1.15pm Private Rehearsal			12.15-1pm Standard 1		
1245														
1300											1-3pm Private Rehearsal			
1315												1-1.45pm Standard 2		
1330														
1345												1.45-3.15pm Barre Terre Contact Kim	1.00-3pm Cuban Salsa Contact Daren	
1400														
1415														
1430														
1445														
1500										0				
1515		3.15-6.15pm [TERM TIME ONLY] Musical Mayhem		3-3.45pm 2.5-3.5yr Ballet								3.15-5.15pm Private Rehearsal		
1530														
1545				3.45-4.30pm 3.5-4.5yr Ballet				3.45-4.30pm 3-4yr Ballet						
1600	4-6pm Contemporary Dance Contact Helen		4-5.30pm Kids Puppetry Contact Giulia	4.30-5.15pm Transition (Recption) Ballet		4- 4.45pm 4-5yr Streetdance	4-5.30pm Kids Drama Contact Rebecca	4.30-5.15pm Transition (Reception) Ballet	4-6pm Relax Kids					
1615														
1630											4.30-5.30pm Little Bunnies Cantonese			4.30-7pm Piano Contact Lisa
1645						4.45- 5.50pm 6-7yr Streetdance								
1700					5-6pm Private Rehearsal									
1715				5.15-6pm Primary Ballet										
1730						5.30- 6.15pm 8-9yr Streetdance		5.15-6pm Standard 2 Ballet						
1745														
1800	6-7pm Rehearsal			6-6.45pm Standard 1 Ballet	6.15-7.15pm Mat Pilates Beginners	6.15-7.15pm Adult Streetdance	6-7pm Belly Dancing Contact Janan		6-7pm Ba Kua Contact Edd				6-7.00pm Dynamic Mat Pilates (Beginner)	
1815														
1830		6-7pm Rehearsal	6.30-7.30pm Tai Chi Contact Edd					6.30-7.45pm Adult Ballet Beginners						
1845	6.45-8.00pm Pregnancy Yoga			6.45-7.45pm JUMP Fitness Contact Julia						6.45-8.30pm Flash Mob Contact Anna				
1900							7.00-8.15pm Pregnancy Yoga		7-9pm Movement and Music class (adults) Contact Olga				7-8.00pm Dynamic Mat Pilates (Intermediate)	7-8.15pm Vinyasa Flow
1915		7.00-8.15pm Adult Ballet Int/Advanced			7.15-8.30pm Yoga Beginners	7.15-9pm Adult Musical Theatre Contact Anna Fiorentini								
1930			7.30-8.45pm Yoga Beginners	7.45-8.30pm Legs Bums & Tums				7.45-8.15pm Short HIIT						
1945														
2000	8 - 9pm FUSION Yoga+Pilates													
2015		8.15-9pm Circuit Training		8.15-9.00pm Dance Fitness			8.15-9.30pm Rocket Yoga	8.15-9.00pm Body Conditioning						
2030					8.30-9.30pm Mat Pilates Beginners									
2045														
2100		9-10pm 3d Burn Fitness Programme (contact Olly)	8.45-9.45pm Kung Fu					9-10pm 3d Burn Fitness Programme (contact Olly)						
2115				9.15-10.15pm 3d Burn Fitness Programme (contact Olly)										
2130														
2145														
2200														