

## TUESDAY

<b>TIME</b>	<b>CLASS</b>	<b>RECOMMENDED AGE GROUP</b>
6:00-7:00PM	Hip Hop/Jazz Funk	Under 10
7:00-8:00PM	Hip Hop/Jazz Funk	10+
8:00-9:00PM	Adult Ballet Fitness	16+

## WEDNESDAY

<b>TIME</b>	<b>CLASS</b>	<b>RECOMMENDED AGE GROUP</b>
6:00-6:45PM	Acro	Under 7
6:45-7:30PM	Acro	7+ (must have a front limber, no spot)
7:30-8:15PM	Backhandspring Clinic	7+ (must have a back walkover, no spot)
8:15-9:00PM	Kids Aerial Yoga	7+ (only 8 spots available)

## THURSDAY

<b>TIME</b>	<b>CLASS</b>	<b>RECOMMENDED AGE GROUP</b>
6:00-7:00PM	Lyrical	Under 10
7:00-8:00PM	Lyrical	10+

## FRIDAY

<b>TIME</b>	<b>CLASS</b>	<b>RECOMMENDED AGE GROUP</b>
7:00-7:45PM	Mommy & Me Aerial Yoga	7+
8:00-8:45PM	Adult Aerial Yoga	16+

## SATURDAY & SUNDAY

*Birthday Parties*



3529 Seneca St.  
West Seneca, NY 14224  
716-864-4059

# summer classes