Fall 2019

In Studio Fall Term: September 3 – December 21, 2019

Monday	Class	Instructor
11:15 am – 12:45 pm	Beginner Ballet Level I	Kate Kernaghan
12:45 pm – 1:30 pm	Length, Stretch, Relax	Kate Kernaghan
5:45 pm – 6:45 pm	Fletcher Fusion™ Pilates	Kate Kernaghan
7:00 pm – 8:00 pm	DanceFit Barre	Kate Knox
7:00 pm – 8:30 pm	Elementary Ballet Level II	Giorgio Galli
7:00 pm – 8:30 pm	Intermediate/Advanced Ballet	Kevin Pugh
7:00 pm – 8:30 pm	Introduction to Ballet Level I Workshop	Candice Helm
Tuesday		
9:45 am – 11:15 am	Advanced Ballet	Kevin Pugh
11:30 am – 1:00 pm	**NEW!** Introduction to Ballet Level III	Kate Kernaghan
1:00 pm – 1:30 pm	Length, Stretch, Relax	Kate Kernaghan
6:00 pm – 7:00 pm	DanceFit Barre	Kate Kernaghan
7:00 pm – 8:30 pm	Intermediate Ballet	Tatiana Tchernova
7:00 pm – 8:30 pm	Beginner Ballet Level II	Anna Elena
7:00 pm – 8:30 pm	Introduction to Ballet Level III	Johanna Bergfeldt
7:00 pm – 8:30 pm	Elementary Ballet Level I	Cindy Macedo
8:30 pm – 9:00 pm	Beginner/Elementary Pointe*	Cindy Macedo
8:45 pm – 9:15 pm	Elementary/Intermediate Pointe*	Tatiana Tchernova
Wednesday		
11:00 am – 12:30 pm	Elementary Ballet Level I	Kate Kernaghan
12:30 pm – 1:00 pm	Beginner/Elementary Pointe*	Kate Kernaghan
5:45 pm – 6:45 pm	Fletcher Fusion™ Pilates	Kate Kernaghan
7:00 pm – 8:00 pm	DanceFit Barre	Kate Kernaghan
7:00 pm – 8:30 pm	Beginner Ballet Level I	Sarah Koekkoek
7:00 pm – 8:30 pm	Intermediate/Advanced Ballet	Cindy Macedo
7:00 pm – 8:30 pm	Intermediate Contemporary	Jarrett Siddall
7:15 pm – 8:30 pm	**NEW!** Studio 55+: Beginner Ballet Drop In	Victoria Wells-Smith
Thursday		
10:15 am – 11:15 am	**NEW!** Fletcher Fusion™ Pilates	Kate Kernaghan
11:30 am – 1:00 pm	**NEW!** Introduction to Ballet Level I Workshop	Kate Kernaghan
6:00 pm – 6:45 pm	Floor Barre	Wendy Holt
7:00 pm – 8:00 pm	DanceFit Barre	Rachelle Ganesh
7:00 pm – 8:30 pm	Beginner Ballet Level II	Wendy Holt
7:00 pm – 8:30 pm	Elementary Ballet Level I	Sarah Koekkoek
7:00 pm – 8:30 pm	Intermediate Ballet	Tatiana Tchernova
8:30 pm – 9:15 pm	**NEW!** Introduction to Pointe Level I Workshop	Sarah Koekkoek
8:45 pm – 9:15 pm	Beginner Pointe*	Wendy Holt
8:45 pm – 9:15 pm	Elementary/Intermediate Pointe*	Tatiana Tchernova
Friday		
10:15 am – 11:15 am	Studio 55+: Beginner Ballet Workshop	Annemarie Cabri
11:30 am – 1:00 pm	Advanced Ballet	Cindy Macedo
7:00 pm – 8:30 pm	Intermediate/Advanced Ballet	Kevin Pugh
7:00 pm – 8:30 pm	Refining Technique	Eric Hall
7:00 pm – 8:30 pm	**NEW!** Introduction to Ballet Level I/II	Candice Helm
Saturday		
9:30 am – 10:30 am	HIIT Strong	Rui Huang
10:00 am – 11:30 am	Beginner Ballet Level I	Anna Elena
10:00 am – 11:30 am	Elementary Ballet Level II	Giorgio Galli
10:00 am – 11:30 am	Intermediate and Advanced Ballet	Tatiana Tchernova
10:30 am – 11:30 am	Mat Pilates	Portia Albrecht
11:30 am – 1:00 pm	Intermediate Contemporary	Johanna Bergfeldt
11:45 am – 1:15 pm	Beginner Ballet Level II	Joe Chapman
11:45 am – 1:15 pm	Introduction to Ballet Level II Workshop	Anna Elena
1:15 pm – 2:00 pm	Introduction to Pointe Level III Workshop*	Joe Chapman
1:15 pm – 2:45 pm	Elementary Contemporary	Johanna Bergfeldt
1:30 pm – 2:00 pm	Beginner Pointe*	Anna Elena
Sunday		
10:00 am – 11:30 am	Introduction to Ballet Level III	Katya Robledo
10:15 am – 11:15 am	Essentrics	Nancy MacLeod
11:45 am – 1:15 pm	Beginner Ballet Level I	Sarah Koekkoek
11:45 am – 1:15 pm	Beginner Ballet Level II	Katya Robledo
1:15 pm – 1:45 pm	Beginner Pointe*	Sarah Koekkoek

*Participants attending pointe or stretch class must attend a class beforehand to be warmed up.

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