

# ReCreation Class Schedule

**Monday:** 4:30pm-5:15 Aerial Workout

5:30pm-6:30 Advanced Hoop Dance

6:30pm-10 Monday Funday Hoop/Spin Jam

**Tuesday:** 11:30am-12:30 Lunch Hour Pilates

4:30pm-5:30 Kids Hoop Dance

5:30pm-6:30 Pilates

6:30pm-7:30 Aerial Silks/Intermediate Hoop Dance

7:00pm-8:15 Belly Dance

8:00pm-10:00 Open Gym

**Wednesday:** 4:30pm-5:30 Kids Aerial Silks

6:00pm-7:00 Intro to Aerial Silks/Intro to Hoop Dance

7:00pm-8:00 Aerial Silks

8:00pm-10 Open Gym

**Thursday:** 11:30am-12:30 Lunch Hour Pilates

5:30pm-6:30 Pilates

6:30pm-7:30 Aerial Silks

7:00pm-8:15 Belly Dance

8:00pm-10 Open Gym

**Saturday:** 11:00am-12 Beginner's Hoop Dance

12:00pm-1 Aerial Silks/Poi

1:30-2:30 Contact Staff/Aerial Silks

3:00-4:00 Intermediate Hoop Dance

**Sunday:** 1:00pm-2 Aerial Silks

3:00pm-4 Int/Advanced Hoop Dance

6:00-10:00 Open Gym