

Wellness Weekend

April 27-28, 2019

Seminars FREE | Single Class \$20 | Three Classes \$33 | Five Classes \$55 | Ten Classes \$95

BROADWAYDANCECENTER
Children & Teens

TIME	SATURDAY	SUNDAY
Adult Classes (Ages 16+)		
9:30-10:30 am	Morning Glow & Flow	Morning Glow & Flow
10:30-11:30 am	Pilates Mat	Jumps & Turns / Conditioning
11:30 am- 12:30 pm	Zumba	Hip-Hop
12:30- 1:30 pm	Yoga/Meditation	Yoga/Meditation
1:30-1:45 pm	BREAK	BREAK
1:45-2:45 pm	Hip-Hop	Pilates for Ballet
2:45-3:45 pm	Core Fusion	Core Fusion
Ages 10-18		
9:30-10:30 am	Jumps & Turns / Conditioning	Jumps & Turns / Conditioning
10:30-11:30 am	Latin Jazz	Vinyasa Flow
11:30 am-12:15 pm	Seminar TBD	Seminar TBD
12:15-12:30 pm	BREAK	BREAK
12:30-1:30 pm	Hip-Hop	Pilates for Ballet
1:30-1:45 pm	BREAK	BREAK
1:45-2:45 pm	Pilates for Ballet	Zumba
2:45-3:45pm	Vinyasa Flow	Hip-Hop

TIME	SATURDAY	SUNDAY
Ages 7-10		
9:30-10:30 am	Jazz	Jazz
10:30-11:15 am	Hip-Hop	Youth Yoga
11:15-11:30 am	BREAK	BREAK
11:30 am-12:15 pm	Acro	Acro
12:15-1:15 pm	Jumps & Turns / Conditioning	Jumps & Turns / Conditioning
1:15-2:00 pm	Seminar TBD	Seminar TBD
2:00-2:45 pm	Youth Yoga	Hip-Hop
Ages 5-7		
9:30-10:15 am	Hip-Hop	Hip-Hop
11:30 am-12:15 pm	Tiny Yoga	Tiny Yoga
2:00-2:45 pm	Hip-Hop	Hip-Hop
2:45-3:00 pm	BREAK	BREAK
3:00-3:45 pm	Tumbling	Tumbling
Ages 2-4		
10:30-11:15 am	Tumbling	Tumbling
12:30-1:00 pm	Hip-Hop	Hip-Hop
1:00-1:15 pm	BREAK	BREAK
1:15-2:00 pm	Tiny Yoga	Tiny Yoga
2:45-3:45 pm	Open Play (Ages 18 mo-4 yr)	Open Play (Ages 18 mo-4 yr)