



# HeART in Motion

Adult/Teen & Family Classes - Fall-Spring Schedule



Sunday	Monday	Tuesday	Wednesday
			<b>Me &amp; My Shadow</b> 9:15-9:45 AM (*Starts Feb 25th)
<b>Me &amp; My Shadow</b> 10:00-10:30 AM		<b>Pilates with Props</b> 9:00-10:00 AM	
<b>Pilates Mat</b> 10:30-11:30 AM	<b>Intermediate Luigi Jazz</b> 11:30-1:00 PM	<b>Cardio Dance Fitness</b> 10:15-11:00 AM (*Starts March 3rd)	<b>Intermediate Ballet</b> 10:00-11:30 AM
		<b>Advanced Beginner Ballet</b> 11:00-12:30 PM	
<b>Intermediate Ballet</b> 12:30-2:00 PM			
		<b>Restorative Yoga (3rd floor)</b> 7:30-8:30 PM	<b>Intermediate Luigi Jazz</b> 7:30-9:00 PM
Thursday	Friday	Saturday	
<b>Pilates with Props</b> 9:00-10:00 AM	<b>Int/Adv Ballet</b> 10:00-11:30 AM	<b>Intermediate Ballet</b> 10:35-12:05 PM	<p>Nikki Manx - Artistic Director 17 Chestnut Street, 2nd Floor Ridgewood, NJ 07450</p> <p>201.857.4472. info@heartinmotionstudio.com</p> <p>Scan below to register!</p> 
<b>Int/Adv Theatre Jazz</b> 10:30-11:45 AM	<b>True Beginner Ballet</b> 12:15-1:45 PM		
<b>Advanced Beginner Tap</b> 12:00-1:00 PM	<b>Advanced Beginner Ballet</b> 7:30-8:45 PM		
<b>Hip Hop (3rd floor)</b> 8:00-9:00 PM			