

## **New Creation Dance studio schedule**

### **Monday:**

7-8am: Pilates intermediate (Savitri) / 5-6pm: Pilates Basic (Savitri) / 6-7pm: 5 Elements dance (Mikael)

### **Tuesday:**

7-8am: Pilates basic (Savitri) / 4-5pm: Aerobics school only (Elodie) / 5-6pm: Aerobics (Elodie) / 6-7pm: Fitness (Savitri)

### **Wednesday:**

4.30-6pm: African Dance (Idelma) /

### **Thursday:**

7-8am: Pilates Swiss ball (Savitri) / 5-6pm: Fitness (Savitri) / 7-8pm: Swing (Philippe)

### **Friday:**

5-6pm: Aerobics (Elodie)

### **Saturday:**

7.30-8.30am: Pilates basic (Savitri) / 4.30-6pm: Swing (Philippe)

### **Sunday:**

5-6pm: Step choreography/lower body workout (Savitri)