



Ill main at chardon
www.thejasminedragons.com

September Class Calendar

thejasminedraons.com

MONDAYS

9:00am-11:30am	Hatha Gentle Yoga	Anne Ondrey
3:45 -4:45pm	Kid's Aerial Strength Stretch	Mattcrobat
5:00pm-6:00pm	Circus Balance	Mattcrobat
6:45pm-7:45pm	VINYASA Yoga	DeniseMusgrave
8:15pm-9:45pm	Acro Pole Fitness	Mattcrobat

TUESDAYS

3:00pm-4:15pm	Kids Aerial Acro	Performers
4:30pm-5:45pm	Kids Aerial Acro	Performers
6:15pm-7:15pm	Cardio Hip Hop	Miss Samantha
7:15pm-8:15pm	Hip Hop Crew	Performers

WEDNESDAY

3:00pm-4:00pm	Aerial Fabrics	Mattcrobat
5:00pm-6:30pm	Hatha Gentle Yoga	Anne Ondrey
6:45pm-8:00pm	Power Vinyasa Yoga	Denise Musgrave
8:15pm-9:45pm	Aerial Strength	Mattcrobat

THURSDAY

3:00pm-4:00pm	Tricking Class	Kuro
4:15pm-5:15pm	Circus Balance	Mattcrobat
5:30pm-7:00pm	Kids Dazzling Divas	Samantha Gibson
7:30pm-9:00pm	Hatha Gentle Yoga	Anne Ondrey

FRIDAY

10:30am-11:30am	Power Vinyasa Yoga	Denise Musgrave
5:15pm-6:30pm	Aerial Matterobats	Mattcrobat
6:30pm-7:15pm	Kid's Yoga	Carissa Moon

CLASS PRICING

Hatha Yoga	\$10 each
Vinyasa Yoga	\$12 each + Buy 10, get 1 free!
Cardio Hip Hop	\$10 each or \$35 per month
Dazzling Divas	\$25 per month
Tricking Class	\$50 for 4
B-Boy and B-Girl Breaking	\$15 each or 8 for \$100

Kids Yoga	\$10 per class
Aerial classes	\$15-\$50 for 4. 8 for \$100
Vertical Bar Pole Fitness	\$15 each 4 for \$50
Circus Balance class	\$15 each or 8 for \$100

SATURDAY

9:00am-10:00am	Hatha Yoga	Patty Gliha
2:00pm-3:00pm	Break Dance (Kids)	Swift Ali
3:00pm-4:00pm	B-Boy Workshop	Swift Ali
4:00pm-5:00pm	Breaking Advanced	Swift Ali
5:15pm-6:30pm	New York City Rehearsal	+7 kids + Mattcrobat