



60 Spy Court, Unit 3
 Markham, ON L3R 5H6
 Tel: (905) 415-BODY (2639)
 Email: info@bodylinesdanceandfitness.com
 Website: www.bodylinesdanceandfitness.com

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	9:00							
	9:30						Acro/Dancing Tots 2.5 yrs - 4 yrs	
	10:00						Acro/Dancing Tots 3.5 yrs - 5 yrs	
	10:30							
	11:00						Competitive Acro Stretch and Strength	Drop-in Acro Technique
	11:30							
	PM	12:00						
12:30								
1:00							Acro Skills (TDI Students)	
1:30								
2:00								
2:30								
3:00								
3:30								
4:00		Junior Acro 6 yrs - 8 yrs						
4:30				Acro/Dancing Tots 3.5 yrs - 5 yrs	Pre-Competitive Acro 5 yrs - 7 yrs			
5:00		Intermediate Acro 8 yrs - 10 yrs						
5:30			Junior Acro 5 yrs - 8 yrs	Acro Theatre 6 yrs - 9 yrs				
6:00		Senior Acro 10 yrs - 12 yrs					Zumba Fit	
6:30			Intermediate Acro 8 yrs - 10 yrs	Ballet/Lyrical	Competitive Acro 8 yrs - 13 yrs			
7:00								
7:30			Senior Acro 10 yrs - 12 yrs					
8:00		Adult Acro (Seasonal)		Cardio Dance	Zumba Fit			
8:30								
9:00								
9:30								



60 Spy Court, Unit 3
 Markham, ON L3R 5H6
 Tel: (905) 415-BODY (2639)
 Email: info@bodylinesdanceandfitness.com
 Website: www.bodylinesdanceandfitness.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AM	9:00						
	9:30	Power Pilates		Abs, Butt & Thighs			
	10:00						
	10:30					Abs, Butt & Thighs	
	11:00						
	11:30						
	PM	12:00					Pilates Circuit
12:30							
1:00						Athlete's Stretch & Strength (Kids Class)	
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00					Pilates	Zumba Fit	
6:30				Boot Camp			
7:00		Boot Camp				Yoga (Mother & Daughter) (8yrs and up)	
7:30							
8:00		Yoga	Pilates Circuit	Cardio Dance	Zumba Fit		
8:30							
9:00							
9:30							