

FITmixx KIDS Fall 2016 FITNESS and Dance

(516) 851-2292 * 1494 Bellmore Avenue, Bellmore

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	11:00-11:45 Tip Toes Intro to Dance 2 ½ -3 1/2 year olds					10:00-10:55 Ballet/Hip Hop Combo 4.5-7 year olds
						11:00-11:45 PreSchool Tap/Ballet Combo 3/4 year olds
			1:00-1:45 PreSchool Ballet 3/4 year olds			11:45-12:30 Boys Only Hip Hop and Break Dancing 4.5-7 year olds
Need Choreography for a show? We can help!!!						Private Dance instruction available for singles or groups!
		4:30-5:20 Pink Punch 7-11 year olds	4:00-4:50 Blue Punch 6-8 year olds	4:00-4:55 Ballet/Hip Hop Combo 6-9 year olds		
	5:10-6:00 Ballet and Hip Hop Combo 4.5-7 year olds		5:00-5:50 Blue Punch 8-12 year olds	5:00-5:50 Girls Combo Fit! (Zumba, Yoga, Pink Punch and more!)		
OH BABY FITNESS! PRENATAL AND STROLLER CLASSES	6:00-6:55 Dance Fitness Zumba & Hip Hop 8-12 year olds		6:00-6:50 Blue Punch and Conditioning 13-16 year olds			KIDS YOGA CALL FOR DATES!
		PRIVATE TEAM TRAINING AVAILABLE!		SPORTS YOGA FOR INJURY PREVENTION AVAILABLE!		

