

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 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 Kindergarten Ballet 5/6 year olds
Need Choreography for a show? We can help!!!		3:45-4:30 PreSchool Tap/Ballet 3/4 year olds				Private Dance instruction available for singles or groups!
	4:15-5:00 Kindergarten Ballet 5/6 year olds	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	4:00-4:50 Beginner Tap 5-7 year olds	
	5:10-6:00 Hip Hop 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!)	5:00-5:50 Hip Hop 5-7 year olds	
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!
		<i>PRIVATE TEAM</i> <i>TRAINING</i> <i>AVAILABLE!</i>		SPORTS YOGA FOR INJURY PREVENTION AVAILABLE!		

