



# Classes for Adults and College Students using Arts Ballet's Punch Card System

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## Monday

Kundalini Yoga (Britta) 8:15-9:30  
Advanced Ballet Levels 4-6 (placement required) 4:15-6:15  
Nia (Pat) 6:30-8:00

## Tuesday

Advanced Ballet Levels 4-6 (Emily) 2:30-4:00  
Adult Ballet (Megan) 7:00-8:30  
Kundalini Yoga (Atma) 6:45-8:00

## Wednesday

Adult Modern (Pat) 9:30-10:45

## Thursday

Nia (Pat) 9:30-10:45  
Kundalini Yoga (Atma) 12:00-1:15  
Ballet Levels 2-6 Pre-Pointe 4:30-5:30  
Advanced Ballet Levels 4-6 (Emily) 5:30-7:00  
Contemporary/Modern/Lyrical 4 (Pat/Emily) 7:00-8:00

## Friday

Core Barre (Adults) 12:00-1:15  
Core Conditioning (Ballet 2b-6, Athletes, and Adults) 4:30-5:30  
Advanced Pointe Levels 4-6 5:30-6:30  
Classical Variations Levels 4-6 6:30-7:30

## Saturday

Core Conditioning (Ballet 2b-6, Athletes, and Adults) 9:00-10:00  
Ballet Levels 2b-3 10:00-11:30  
Advanced Ballet Levels 4-6 10:00-11:30  
Beginning Pointe Levels 2b-3 11:30-12:30  
Intermediate – Advanced Pointe 11:30-12:30