

# FEBRUARY CLASS SCHEDULE

## NATATORIUM • 225-6133

### BALLET STUDIO

Instructor: Chinatsu

DAY	TIME	AGES	COST
Mon/Thu	10-10:50 a.m.	3-4	\$45/Month/4 Classes, \$65/Month/8 Classes, \$85/Month/12 Classes
Thu	11 a.m.-12 p.m.	Adults	
	4-4:50 p.m.	3-4	
Wed	6:40-7:30 p.m.	Adults	\$80/Month/8 Classes, \$50/Month/4 Classes \$15 Walk-In

### KIDS' JAM

DAY	TIME	AGES	COST
Fri	3:15-4 p.m.	3-5	\$45/Month/4 Classes

### FAMILY YOGA

DAY	TIME	AGES	COST
1st & 3rd Wed	4:10-5:10 p.m.	5 & Up	Punch Cards \$25/4 Classes/3 People, \$35/8 Classes/3 People, \$35/4 Classes/4 People, \$45/8 Classes/4 People \$10/Additional Child or Adult \$10 Walk-In
2nd & 4th Tue	1:45-2:45 p.m.		

### HAWAIIAN KEIKI HULA

DAY	TIME	AGES	COST
Mon	3-4 p.m.	5-12	\$35/Month/4 Classes, \$10 Walk-In

### INSANITY

DAY	TIME	AGES	COST
Mon	8:45-9:45 a.m.	Adults	Punch Cards \$20/8 Classes, \$10/4 Classes, \$3 Walk-In

### JIU JITSU

DAY	TIME	AGES	COST
Mon/Wed	5-6 p.m.	9-15	2 Weekly Classes \$35, 4 Weekly Classes \$60 (Ages 9-15 only)
Tue/Thu	4-5 p.m.	6-8	
Mon/Wed	6-7:30 p.m.	Adult Advanced	2 Weekly Classes \$60, 4 Weekly Classes \$85, 5 Weekly Classes \$95 \$8 Walk-In
Tue/Thu	12-1:30 p.m.	Adult Any Level	
	6-7:30 p.m.	Adult Beginner	
Fri	5:30-7 p.m.	Adult Competition	

### SWIM FIT

DAY	TIME	AGES	COST
Mon & Thu	5:45-6:45 a.m.	16 & Up	Free

### TAE KWON DO

DAY	TIME	AGES	COST
Mon & Fri	3-3:45 p.m.	5-7	\$60/Month/8 Classes
	3:45-4:45 p.m.	8-12	

### TRADITIONAL KARATE

DAY	TIME	AGES	COST
Wed	2:30-3:10 p.m.	3-4	\$30/Month/4 Classes \$60/Month/8 Classes
	3:30-4:30 p.m.	5 & Up	
Sat	10:40-11:40 a.m.	5 & Up	\$60/Month/8 Classes
	11:50 a.m.-12:30 p.m.	Ages 3-4	

### BABY YOGA

DAY	TIME	AGES	COST
Tue	4-4:45 p.m.	Six Weeks-12 Months	Punch Cards \$25/8 Classes, \$15/4 Classes, \$5 Walk-In

### POWER YOGA

DAY	TIME	AGES	COST
Mon & Wed	5:25-6:25 p.m.	16 & Up	Punch Cards \$30/8 Classes, \$15/4 Classes, \$5 Walk-In

### U-JAM FITNESS®

DAY	TIME	AGES	COST
Fri	5:15-6:15 p.m.	16 & Up	Punch Cards \$10/4 Classes, \$20/8 Classes, \$3 Walk-In

### ZUMBA®

DAY	TIME	AGES	COST
Tue/Thu	5:30-6:30 p.m.	16 & Up	Punch Cards \$20/8 Classes, \$10/4 Classes, \$3 Walk-In

Class times are subject to change upon instructor availability