

JULY CLASS SCHEDULE

NATATORIUM • 225-6133

BALLET STUDIO

Instructor: Chinatsu

DAY	TIME	AGES	COST
Thu	4–4:50 p.m.	3–4	\$45/Month/4 Classes
Wed	6:40–7:30 p.m.	Adults	\$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
	4:05–4:50 p.m.	6–10	

HAWAIIAN KEIKI HULA

DAY	TIME	AGES	COST
Mon	3–3:45 p.m.	5–12	\$35/Month/4 Classes, \$10 Walk-In

JIU JITSU

DAY	TIME	AGES	COST
Mon/Wed	5–6 p.m.	9–15	\$35/Week/2 Classes, \$60/Week/4 Classes (Ages 9-15 only)
Tue/Thu	4–5 p.m.	6–8	
Thu	5–6 p.m.	9–15	\$30/4 Classes \$25/4 Classes
	1:45–2:45 p.m.	Women 16 & Up	
Mon/Wed	3–3:45 p.m.	4–5	\$60/Week/2 Classes, \$85/Week/4 Classes, \$95/Week/5 Classes, \$8 Walk-In
Tue/Thu	6–7:30 p.m.	Adult Advanced	
	12–1:30 p.m.	Adult Any Level	
Fri	6–7:30 p.m.	Adult Beginner	Adult Competition
	5:30–7 p.m.	Adult Competition	

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
Mon	2–2:40 p.m.	3–4	\$30/Month/4 Classes \$60/Month/8 Classes
	4–5 p.m.	5 & Up	
Wed	3–3:40 p.m.	3–4	
	3:45–4:45 p.m.	5 & Up	
Sat	10:40–11:40 a.m.	5 & Up	
	11:50 a.m.–12:30 p.m.	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

PIYO

DAY	TIME	AGES	COST
Sun	10:45–11:45 a.m.	16 & Up	\$10/4 Classes, \$3 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.