

Classes at the C.V. Starr Community Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:45 am	7:00-8:00 am	5:45-6:45 am	7:00-8:00 am	5:45-6:45 am	
Interval Endurance Training	Cardio-Spin	Interval Endurance Training	Cardio-Spin	Interval Endurance Training	
7:00-8:15 am				7:00-8:15 am	
Hatha Yoga				Hatha Yoga	
9:00-10:00 am	9:00-10:15 am	8:30-1:30 am		8:30-1:30 am	1:00-10:00 am
Cardio-Spin	Hatha Yoga Beginners	Step Aerobics		Step Aerobics	Step Aerobics
		9:45-11:00 am	9:45-11:00 am	9:45-10:45 am	
		Hatha Yoga	Hatha Yoga	Cardio-Spin	
	11:00 am-12:30 pm	12:00-1:00 pm			
	Adult Ballet	Cardio-Spin			
1:00 pm-1:45 pm	1:00-3:00	1:00 pm-2:00 pm	1:00 pm-2:00 pm	1:00 pm-2:30 pm	
Mommy (or Daddy) & ME 18-30 mos.	Adult Watercolor Class	Basic Ballet 12-15 yrs	Beg-Int Ballet 8-11 yrs 1:00-2:00 Adult Watercolor Class	Basic Ballet 16 and up	
2:00-3:00 pm	2:30-4:30pm	2:00-4:00pm	2:30-4:00pm		
Mask- Making	Fractured Fairy Tale Theatre	Puppetry	Fractured Fairy Tale Theatre		
4:30-5:30 pm		4:30-5:30 pm		4:30-5:30 pm	
Step Aerobics		Step Aerobics		Step Aerobics	
5:45-6:45 pm	5:30-6:30 pm	5:45-6:45 pm	5:30-6:30pm	5:45-6:45 pm	
Adult Karate 16 yrs+	Step Aerobics	Karate 6-11 yrs	Step Aerobics	Karate 12-17 yrs	
7:00-8:00 pm		7:00-8:00 pm			
English Country Dance		Family Aikido	Note: Classes in blue text. Please see brochure information for dates of classes.		