

DEGERBERG ACADEMY ADULT BEGINNER CLASS SCHEDULE

TIME	6:15 - 7:15	7:15 - 8:15	8:15 - 9:15
MONDAY	BLEND I & II	KALI	
TUESDAY			BLEND I 100% Effort Workout
WEDNESDAY	BLEND I & II	FORREST YOGA	
THURSDAY			BLEND I
FRIDAY			
TIME	9:30 - 10:30	10:30 - 11:30	12:15 - 1:15
SATURDAY	BLEND I & II		

BUSINESS HOURS

Monday

4:30 p.m. – 8:30 p.m.

Tuesday

3:45 p.m. – 9:30 p.m.

Wednesday

4:30 p.m. – 8:30 p.m.

Thursday

3:45 p.m. – 9:30 p.m.

Friday

4:45 p.m. – 7:15 p.m.

Saturday

9:30 p.m. – 2:30 p.m.

Sunday

CLOSED



DEGERBERG ACADEMY CHILDREN'S BEGINNER CLASS SCHEDULE

TIME	4:00 - 4:45	4:45 - 5:30	5:15 - 5:45	5:30 - 6:00	6:00 - 6:45	6:15 - 7:00
MONDAY		KIDS I	NINJA TURTLES I			
TUESDAY	KIDS I				KIDS I	
WEDNESDAY		KIDS I (4:30-5:15)	NINJA TURTLE I			
THURSDAY	KIDS I				KIDS I	
FRIDAY						KIDS I
TIME	12:15 - 1:00	1:00 - 1:30				
SATURDAY	KIDS I		NINJA TURTLES			

BUSINESS HOURS

Monday

4:30 p.m. – 8:30 p.m.

Tuesday

3:45 p.m. – 9:30 p.m.

Wednesday

4:30 p.m. – 8:30 p.m.

Thursday

3:45 p.m. – 9:30 p.m.

Friday

4:45p.m. – 7:15 p.m.

Saturday

9:30 p.m. – 2:30 p.m.

Sunday

CLOSED



last updated July 23, 2010