

## RIVER VALLEY SCHEDULE (ADULTS)

CLASSES	MON	TUE	WED	THUR	FRI	SAT	SUN
MOMMY & ME (1.5-3 years old)	<b>1030am-1130</b> (Ying)						
GYMNASTIC STRETCHING			<b>7pm-8pm</b> (Tanya)	<b>12-1pm</b> (Tanya)	<b>930-1030am</b> (Tanya)	<b>3-4pm</b> (Tanya)	
STRENGTH AND CONDITIONING			<b>12-1pm</b> (Anton)				<b>4-5pm</b> (Anton)
STREET JAZZ & HIP-HOP DANCE		<b>830pm-930pm</b> (Clare)					
RHYTHMIC GYMNASTICS		<b>7-8pm</b> (Jael)					