

D A N C E / Y O G A / F I T N E S S

AMMENA DANCE COMPANY

WINTER 2012 SCHEDULE

CHOREOGRAPHY CLASSES START THE WEEK OF JANUARY 9TH, 2012.

ALL OTHER CLASSES START THE WEEK OF JANUARY 15TH, 2012.

NO YOGA CLASSES THE WEEK OF FEBRUARY 19 - 25TH.

NO DANCE CLASS THE WEEK OF FEBRUARY 19TH - MARCH 3RD, 2012

CLASSES RUN FOR 10 WEEKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:30 - 7:30 A.M SUNRISE YOGA (GEN) Adrian Tomei			
						10:00 - 11:00 A.M STRETCH & STRENGTHEN Lise-Anne Talhami
	12:05 - 12:50 P.M ROLL AND SUN SALUTATION YOGA (GEN) Erin Ko		12:05 - 12:50 P.M ZUMBA (BEG) Lorelei Waters-Huss	12:05 - 12:50 P.M LUNCH TIME YOGA (GEN) Erin Ko		11:15 - 12:00 P.M TEEN CHOREO (AGES 14-16) Lise-Anne Talhami
1:00 - 2:00 P.M BURLESQUE (GEN) Be Italian Lise-Anne Talhami	1:15 - 2:15 P.M HATHA YOGA (GEN) Erin Ko	2:45 - 3:00 P.M WEE WIGGLERS ANGELS (4 months - walking with parent) Janelle Dyck		2:45 - 3:00 P.M WEE WIGGLERS BUDS (walking to 3 years with parent) Janelle Dyck		
2:15 - 3:15 P.M BELLYDANCE (IMPR) Veil Lise-Anne Talhami	4:15 - 5:00 P.M YOGA 4 TEENS (AGES 12 - 16) Erin Ko	4:15 - 5:00 P.M YOGA 4 KIDS (AGES 4-8) (BEG) Lise-Anne Talhami	4:15 - 5:00 P.M* KIDS WORLD BEAT (AGES 6-11) Lise-Anne Talhami	4:15 - 5:00 P.M YOGA 4 KIDS (AGES 6-10) (CONT) Lise-Anne Talhami		12:30 - 1:30 P.M BELLYDANCE* BEG Lise-Anne Talhami
3:30 - 4:30 P.M BELLYDANCE (BEG) Lise-Anne Talhami	5:10 - 6:10 P.M ANANDA YOGA (BEG) Whitney Balog	5:10 - 6:10 P.M BELLYDANCE (BEG) Lise-Anne Talhami	5:10 - 6:10 P.M BELLYDANCE (IMPR) Veil Lise-Anne Talhami	5:10 - 6:10 P.M STRETCH & STRENGTHEN (GEN) Lise-Anne Talhami	5:10 - 6:10 P.M LATIN (GEN) Lise-Anne Talhami	1:45 - 2:30 P.M KIDS CHOREO (AGES 7-10) Lise-Anne Talhami
	6:20 - 7:20 P.M BURLESQUE (GEN) Be Italian Lise-Anne Talhami	6:15 - 7:15 P.M BELLYDANCE IMPR (CHOREO) Lise-Anne Talhami	6:15 - 7:15 P.M BOLLYWOOD (GEN) Lise-Anne Talhami	6:15 - 7:15 P.M * BELLYDANCE (BEG) Lise-Anne Talhami	6:15 - 7:15 P.M SHOW ME HOW TO BURLESQUE (CHOREO) Lise-Anne Talhami	2:45 - 3:15 P.M KIDS BELLYDANCE (Ages 4-6) Lise-Anne Talhami
	7:30 - 8:30 P.M BOLLYWOOD (CHOREO) Lise-Anne Talhami	7:20 - 8:20 P.M BUT I'M A GOOD GIRL (CHOREO) Lise-Anne Talhami	7:20 - 8:20 P.M WORLD BEAT (GEN) Lise-Anne Talhami		7:30 - 8:30 P.M PARTNER STRETCH (GEN) Lise-Anne Talhami	
	8:30 - 9:30 P.M TANGO BURLESQUE (CHOREO) Lise-Anne Talhami	8:30 - 9:30 P.M BURLESQUE* (BEG) Lise-Anne Talhami	8:30 - 9:30 P.M BELLYDANCE (ADV CHOREO) Lise-Anne Talhami	7:30 - 9:00 P.M THERAPEUTIC YOGA (GEN) Alecia Roblin		

* REGISTER THROUGH UOFL FOR * CLASSES

LEVEL GUIDE

GEN - GENERAL FOR EVERY LEVEL

BEG - FOR THE TRUE BEGINNER

IMPR - 2ND LEVEL

CONT - 2ND LEVEL

CHOREO - AUDITION FOR