

I KADA DANCE CENTER

PHONE: (201) 429 2891
WEBSITE: WWW.IKADADANCE.COM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Healing & Stretching 10:00a.m-11:00a.m	Pilates 10:00a.m-11:00a.m	Healing & Stretching 10:00a.m-11:00a.m		Healing & Stretching 10:00a.m-11:00a.m	
Line Dance 11:15a.m-12:15p.m	Ballet (Adults) 11:15a.m-12:45p.m	Line Dance 11:15a.m-12:15p.m	Ballet (Adults) 11:00a.m-12:30p.m	Jazz Dance 11:15a.m-12:15p.m	K-Pop (All Ages) 11:15a.m-12:15p.m
Kid's Stretching & Yoga (5-7) 3:40p.m-4:30p.m	Music Jump Rope (7-10) 3:40p.m-4:30p.m	Ballet (5-7) 3:40p.m-4:30p.m	Korean Traditional Dance (5-7) 3:40p.m-4:30p.m	Ballet (5-7) 3:40p.m-4:30p.m	K-Pop Trainee Group 1:00p.m-3:00p.m
Kid's Stretching & Yoga (8 & Up) 4:40p.m-5:40p.m	Ballet (8-10) 4:40p.m-5:40p.m	K-Pop (7-10) 4:40p.m-5:40p.m	Korean Traditional Dance (8 & Up) 4:40p.m-5:40p.m	Ballet (8-10) 4:40p.m-5:40p.m	Youth Program Class/Rehearsal
K-Pop (7-10) 5:40p.m-6:40p.m	Ballet (11-18) 6:00p.m-7:30p.m	K-Pop (11 & Up) 5:40p.m-6:40p.m	Modern Dance (8 & Up) 6:00p.m-7:00p.m	K-Pop (11 & Up) 5:40p.m-6:40p.m	
Healing & Stretching 7:00p.m-8:00p.m	Zumba (Adult) 7:40p.m-8:40p.m	Lyrical Dance 7:00p.m-8:30p.m	Zumba (Adult) 7:40p.m-8:40p.m	Hip-Hop 7:00p.m-8:00p.m	
Contemporary Dance 8:00p.m-9:30p.m				Contemporary Dance 8:00p.m-9:30p.m	