

# I KADA DANCE CENTER

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

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