

# 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 | K-Pop (All Ages)<br>11:00a.m-12:00p.m                       |
| Line Dance<br>11:15a.m-12:15p.m            | Ballet (Adults)<br>11:00a.m-12:30p.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           | <i>K-Pop Trainee<br/>Group (Sunday)<br/>1:00p.m-3:00p.m</i> |
| Kid's Hip-Hop<br>(7-10)<br>3:40p.m-4:30p.m | Modern Dance<br>Level 1<br>3:40p.m-4:30p.m | Ballet (5-7)<br>3:40p.m-4:30p.m           | Music Jump Rope<br>(7-10)<br>4:00p.m-4:50p.m             | Ballet (5-7)<br>3:40p.m-4:30p.m           | Ballet 1<br>(ABT Curriculum)<br>12:15pm-1:15pm              |
| K-Pop (7-10)<br>4:40p.m-5:30p.m            | Ballet (8-10)<br>4:40p.m-5:30p.m           | K-Pop (7-10)<br>4:40p.m-5:30p.m           | Korean Traditional<br>Dance (5-10)<br>5:00p.m-5:50p.m    | Ballet (8-10)<br>4:40p.m-5:30p.m          |   |
| Modern Dance<br>Level 2<br>6:00p.m-7:00p.m | Ballet (11 & Up)<br>6:00p.m-7:30p.m        | K-Pop (11 & Up)<br>5:40p.m-6:40p.m        | Korean Traditional<br>Dance (11 & 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   | Ballet (11 & Up)<br>7:15p.m-8:45p.m                      | Hip-Hop<br>7:00p.m-8:00p.m                |   |