Children's Programming Schedule

PERSONALLY + FIT
NEW HAMBURG

Dates	Day	Time	Class	Ages	Instructor	Cost
Oct. 5 - Nov. 30	Monday	3:30pm-4:15pm	Acro Dance	4-6	Mallory	$115
		4:15pm-5:00pm	Acro Dance	7+	Mallory	$115
Oct. 6 - Nov. 24	Tuesday	6:00pm-6:30pm	Kids Zumba	5-12	Nicole	$115
		6:30pm-7:00pm	Mom & Daughter Zumba	7+yrs	Nicole	$115
Oct. 8 – Nov. 26	Thursday	4:30pm-5:15pm	Ninjas	5+	Caiden	$125
		5:15pm-6:00pm	Cross Train	5+	Caiden	$115
		6:00pm-6:45pm	Hockey Dryland	5+	Caiden	$115
		7:00pm-7:45pm	Cross Train	12+	Patty	$115
Oct. 9 - Nov. 27	Friday	11:15am-12:00pm	Baby Wearing Fit	0+	Danyelle	$115
		12:00pm-12:45pm	Parents and Tots Dance Fit	1.5+	Danyelle	$115
Oct. 10 - Nov. 28	Saturday	10:15am-11:00am	Kinder Gymnastics	3yrs-6yrs	Kristy	$125
		11:00am-11:45am	Jr. Gymnastics	7+yrs	Kristy	$125
		2:00pm-2:45pm	Hockey Dryland	5+	Caiden/Nicola	$115
		2:45pm-3:30pm	Cross Train	5+	Caiden/Nicola	$115
		3:30pm-4:15pm	Ninjas	5+	Caiden/Nicola	$125
Oct. 11 - Nov. 29	Sunday	9:30am-10:15am	Parent & Tot Gymnastics	18mns-2yrs	Mallory	$125
		10:15am-11:00am	Kinder Gymnastics	3yrs-6yrs	Mallory	$125
		11:00am-11:45am	Jr. Gymnastics	7+yrs	Mallory	$125

- All classes run for 8 weeks
- All classes are capped at 8 participants (or family groups for parent and child classes)
- Children's classes enter through the Studio Door (closest to Hincks Street)
- Monday classes are cancelled on Thanksgiving Monday, October 12, 2020