



Class Schedule

March 10, 2014 - June 1, 2014

*Subject to change

fit for movement, LLC

345 Post Rd. West

Westport, CT 06880

203.221.9197

contact@fitformovement.com

Monday	Tuesday	Wednesday	Thursday	Friday
9:45-11:00am Intermediate/Advance Ballet - DF			9:00-10:15am Beginner Ballet - CR	
11:00am-12:15pm Beginner Ballet - DF	10:00-11:15am Intermediate/Advance Ballet - NH		10:20-11:00am Core Fusion - NH	
	11:15am-12:15pm Contemporary - CR		11:10am-12:10pm Hip-Hop - CR	
	12:20-1:00pm Dance Stretch - CR			

Fit for Movement

Dance Instructors:

David Fernandez

Nancy Hyland-Zindell

Caitlin Roberts



- Drop in Dance class: \$19
- Drop in Fitness class: \$15
- 10 class Dance card: \$160
- 10 class Fitness card: \$125
- 10 class Combo card: \$140 (5 dance, 5 fitness)

*Class cards expire 3 months from date of purchase