## Northern Nevada Ballet Academy

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DAY, TIME, STUDIO	MONDAY	TUESDAY	DAY, TIME, STUDIO	WEDNESDAY	DAY, TIME, STUDIO	THURSDAY		SATURDAY	DAY, TIME, STUDIO
	А	В		А		А	В	В	
MORNING			MORNING		MORNING				MORNING
10:00-10:30		U-Jam Fitness Ages 18+ Eric	10:00-10:30		10:00-10:30			Ballet	10:00-10:30
10:30-11:00			10:30-11:00		10:30-11:00		U-Jam Fitness Ages 18+ Eric	Intro Ages 18+ Jen	10:30-11:00
11:00-11:30			11:00-11:30		11:00-11:30		RnB / Funk (Hip-Hop) Ages 18+ Eric		11:00-11:30
11:30-12:00			11:30-12:00		11:30-12:00				11:30-12:00
AFTERNOON			AFTERNOON		AFTERNOON				AFTERNOON
4:00-4:30	Ballet Advanced Ages 18+ Kris / Maykel		4:00-4:30		4:00-4:30				4:00-4:30
4:30-5:00			4:30-5:00		4:30-5:00				4:30-5:00
5:00-5:30			5:00-5:30		5:00-5:30				5:00-5:30
5:30-6:00			5:30-6:00		5:30-6:00				5:30-6:00
6:00-6:30			6:00-6:30		6:00-6:30				6:00-6:30
6:30-6:45			6:30-6:45	Ballet Beginners Ages 18+ Kris / Maykel	6:30-6:45	Pilates & PBT Ages 18+ Michele	<mark>U-Jam Fitness</mark> Ages 18+ Eric		6:30-6:45
6:45-7:00		Rhythm & Routines Ages 18+ Heather	6:45-7:00		6:45-7:00				6:45-7:00
7:00-7:15			7:00-7:15		7:00-7:15				7:00-7:15
7:15-7:30			7:15-7:30		7:15-7:30				7:15-7:30
7:30-7:45			7:30-7:45		7:30-7:45				7:30-7:45

Dance has been proven to increase happiness and relieve stress, while serving as one of the best and most effective forms of physical exercise. Northern Nevada Ballet Academy runs several adult programs with classes focused on creating new opportunities for excitement, engagement and entertainment.

Pricing:

Drop-in - \$20.00 drop-in fee per class Punch Card 5 Classes - \$68.00 Punch Card 10 Classes - \$128.00

## **REGISTER HERE**



