

STUDIO 6 Jerusalem. *2024 Weekly Schedule Updated 4/4

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2	Studio 1	Studio 2
Core Pilates Sherry Shemesh 8:30-9:30		# Yoga Singoga Laura Gilinski 7:15-8:30		Core Pilates Sherry Shemesh 8:30-9:30	Yoga- Facing Cancer Shira Nahaloni 8:45-10:00	# Yoga in English Laura Gilinski 7:00-8:15				Eastern Dance Fusion (int) Ayelet Avigdor 8:15-9:15	# Yoga Dana Weinberg 8:00-9:15
Modern (beg.) Noa Turner 9:30-10:30	Movement 60+ Tzifira Shteren 9:00-10:15	Belly-Dancing techniques Ayelet Avigdor 9:00-10:00		Private Class	Rehabilitative Yoga Shira Nahaloni 10:15-11:30	# Yoga Dana Weinberg 8:15-9:30	closed group 8:30-9:30	# Modern (beg.) Noa Turner 9:30-10:45	closed group 9:00-11:00	Dynamic Core Sherry Shemesh 9:15-10:15	Nia Tzipora Eizen 9:30-10:30
Movement and posture for Parkinson (1) Hilla Erez 10:45-12:00	Meditation workshop Batya Cohen	closed group Mothers&Babies Shirit Bretner 10:15-11:15		Movement 60+ Tzifira Shteren 10:35-11:50		Tap Dance Michelle Gordon 9:30-10:30	Dance Playback Tali Zorenberg 9:30-14:00	# Ballet (FS) Lena Rikner 11:30-12:45	# Modern Fusion Noa Turner 10:45-12:15	African Dance Chaya starts 3/5. 10:15-11:15	<u>Online Workshop</u> Education through the Body Details at the reception
Movement and posture for Parkinson (2) 12:15-13:15						JazzEmotion Broadway Jazz Michelle Gordon 10:45-12:00				NDP Acrobatics Or Fruman 11:30-12:30	
Hip Hop 4rd-6th Grade (2) Shira Cohen 16:15-17:15	Jazz Creative 2nd-3rd Grade Shay Ashkenazi 16:00-17:00	Ballet 4th-6th Grade Maya Yahav 15:30-16:30	Modern 3h-5th Grade Shachar Meir 15:30-16:30		Jazz-Modern 4th-6th (Beg) Noa Turner 15:30-16:30			Hip Hop 2nd-3rd Grade Linoy Biton 15:30-16:30		# NDP Troup Noa Turner 12:30-14:30	
Hip Hop 5th-6th Grade (3) Shira Cohen 17:15-18:15	Creation&Impro. teen (int) Shay Ashkenazi 17:00-18:00	Ballet Teens (1) Maya Yahav 16:30-17:30	Modern 5h-7th Grade Shachar Meir 16:30-17:30			Jazz-Modern 4th-6th (Beg) Noa Turner 15:45-16:45	Acrobatics 5th-7th (Beg) Noa Tzadic 15:45-16:45	Hip Hop (1) 4rd-6th Grade Linoy Biton 15:30-16:30	Breakdance 4rd-6th Grade Gilad Zee'v 16:30-17:30		
Hip Hop Teens Shira Cohen 18:15-19:15	# Floor Groove Teens coed Gilad Zee'v 18:00-19:15	Ballet Teens (2) Maya Yahav 17:30-18:30	Modern Teens (int.) Shachar Meir 17:30-18:30	Nia Tzipora Eizen 17:30-18:30		NDP Atuda 5th-7th (int.) Noa Turner 16:45-17:45	Lyrical Jazz (FS) Noa Bartur 17:00-18:00	Hip Hop Teens (beg.) Linoy Biton. 17:30-18:30	# Floor Groove coed Gilad Zee'v 17:30-18:45		
Hip Hop Teens CREW Shira Cohen 19:15-20:15	African Dance Chaya Lev 19:15-20:45	NDP Technique Maya Yahav 18:30-19:30	# Yoga Dana Weinberg 18:30-19:45	Flamenco Anat Tzuberi 18:30-19:30	Hip Hop (FS) Ayelet Harbater 18:00-19:00	Jazz-Modern Teens Noa Turner 17:45-18:45	# Yoga Dana Weinberg 18:00-19:15	Hip Hop Linoy Biton. 18:30-19:30	Hip Hop (FS) coed Ayelet Harbater 19:45-20:45	Open 18+ classes # Hour and a half/fifteen	(beg.)=beginners (int.) = intermediate (adv.)=advanced
Hip Hop (beginners) Hagar Levi 20:15-21:15	Yoga dynamic Maya Refael 20:15-21:45	# Lyrical/Musical Jazz (int.) Maya Yahav 19:30-20:45		Modern Dance (beg.) Noa Turner 19:30-20:30	Belly-Dancing Ayelet Avigdor 19:00-20:00	# NDP Troup Noa Turner 18:45-20:00	Ballet BAR Lena Rikner 19:15-20:15	Every other week: Contact impro Coed 19:30-20:30	Azul Free Movement Coed Noa Tal El 19:45-21:00	FS - FIRST-STEP Pre-registration required	all classes are for women unless stated 'coed'
Hip Hop (int.) Hagar Levi 21:15-22:15		Zumba Moria Ofir 20:45-21:45		# Modern Fusion (int.-adv.) Noa Turner 20:30-21:45	# Lyrical Jazz Maya Hemed 20:00-21:15	# Ballet (int.-adv.) Coed Lena Rikner 20:15-21:45	NDP Ansamble Noa Turner 20:00-21:00	Every other week: JAM Azul JAM Contact Coed 20:30-22:00		Independent Groups	Yearly pre-signed classes for kids and teens

STUDIO 6 Jerusalem | 3 Echad Ha'am St. | WhatsApp 052-5026668 | Please inform us before you come