

STUDIO 6 Jerusalem. *September 2024- June 25 ages 18+ Schedule || Updated 10/12/2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Core Pilates Yael Turner 8:30-9:30	# Yoga Singoga Laura Gilinski 7:15-8:30	Core Pilates Dina Gibor 8:30-9:30	# Yoga in English Laura Gilinski 7:00-8:15	Zumba Latin Levana Amoyal 8:30-9:30	Eastern Dance Fusion (int) Ayelet Avigdor 8:15-9:15
	Belly-Dancing Ayelet Avigdor 9:00-10:00	Modern Noa Turner 9:00-10:00	Hip Hop Linoy Biton 9:30-10:30	# Yoga Dana Weinberg 8:15-9:30	# Modern Noa Turner 9:30-10:45
Movement and posture for Parkinson Hilla Erez 10:45-13:15		Rehabilitative Yoga Yael Koali 10:15-11:30	Movement 60+ Tzifira Shteren 10:35-11:50	Tap Dance Michelle Gordon 9:30-10:30	Ballet (beg.) Lena Rikner 11:30-12:30
				JazzEmotion Broadway Jazz Michelle Gordon 10:45-12:00	Graham Lena Rikner 12:30-13:30
	# Lyrical Jazz (int.) Shahar Meir 18:30-19:45	Special Dance Tzipora Eisen 17:15-18:15		# Yoga Dana Weinberg 18:00-19:15	
African Dance Chaya Lev 19:00-20:00	Musical Jazz (Int.) Maya Yahav 19:45-20:45	Lyrical Jazz (beg.) Ashira Alon 19:45-20:45	Nia Tzipora Eisen 18:15-19:15	# Flamenco (int.) Anat Tzuberi 17:45-19:00	# Ballet (int.) Lena Rikner 19:00-20:15
Hip Hop (beginners) Hagar Levi 20:00-21:00	Zumba Moria Ofir 20:45-21:45	Ballet (beginners) Lena Rikner 20:45-21:45	# Modern Dance (beg.-int.) Noa Turner 19:15-20:30	Belly-Dancing Ayelet Avigdor 19:00-20:00	# Ballet (int.-adv.) Coed Lena Rikner 20:30-22:00
Hip Hop (int.) Hagar Levi 21:00-22:00			# Modern Fusion (int.-adv.) Noa Turner 20:30-21:45	# Lyrical Jazz Maya Hemed 20:00-21:15	# Yoga Coed Laura Gilinski 20:30-21:45
				JAM Contact Coed 20:30-23:00	Hip Hop Coed First Step Ayelet Harbater 20:45-21:45
<p align="center">STUDIO 6 Jerusalem 3 Echad Ha'am St. WhatsApp 052-5026668 Please inform us before you come</p>					

Online Workshop
Education through the Body
Details at the reception

Color Code:

Open 18+ classes
Hour and a half/fifteen
(beg.)=beginners
(int.) = intermediate
(adv.)=advanced

Pre-registration required
all classes are for women only unless stated 'coed'

Independent Groups
Yearly pre-signed classes for kids and teens