

STUDIO 6 Jerusalem. *2024 SUMMER Schedule Updated 25/6

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 Noa Grushko 8:30-9:30		# Yoga Singoga Laura Gilinski 7:15-8:30		Core Pilates Noa Grushko 8:30-9:30		# 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
Summer Dance Camps Girls 8:30-13:30	Modern (beg.) Noa Turner 9:30-10:30		Belly-Dancing techniques Ayelet Avigdor 9:00-10:00		Yoga- Facing Cancer Shira Nahaloni 8:45-10:00		# Yoga Dana Weinberg 8:15-9:30		# Modern (beg.) Noa Turner 9:30-10:45	Dynamic Core Noa Grushko 9:15-10:15	Nia Tzippora Eisen 9:30-10:30
Movement and posture for Parkinson (1) Hilla Erez 10:45-12:00	Summer Dance Camps Girls 8:30-13:30	Summer Dance Camps Girls 8:30-13:30		Summer Dance Camps Girls 8:30-13:30	Rehabilitative Yoga Shira Nahaloni 10:15-11:30	Summer Dance Camps Girls 8:30-13:30	Tap Dance Michelle Gordon 9:30-10:30	Summer Dance Camps Girls 8:30-13:30	# Ballet (FS) Lena Rikner 11:30-12:45	African Dance Chaya Lev 10:30-11:30	Online Workshop Education through the Body Details at the reception
Movement and posture for Parkinson (2) 12:15-13:15					Movement 60+ Tzfira Shteren 10:35-11:50		JazzEmotion Broadway Jazz Michelle Gordon 10:45-12:00				
Summer Dance Camps Teens 13:30-17:30		Summer Dance Camps Teens 13:30-17:30		Summer Dance Camps Teens 13:30-17:30		Summer Dance Camps Teens 13:30-17:30		Summer Dance Camps Teens 13:30-17:30			
										Color Code:	
African Dance Chaya Lev 19:15-20:45		# Lyrical Jazz (int.) Shahar Meir 18:30-19:45	# Yoga Dana Weinberg 18:30-19:45	Nia Tzippora Eisen 18:00-19:00	Yoga dynamic Maya Refael 17:45-19:00	# Yoga Dana Weinberg 18:00-19:15		Hip Hop Linoy Biton. 18:30-19:30		Open 18+ classes # Hour and a half/fifteen	(beg.)=beginners (int.) = intermediate (adv.)=advanced
Hip Hop (beginners) Hagar Levi 20:15-21:15		Lyrical Jazz (beg.) Shahar Meir 19:45-20:45		# Modern Dance (beg.) Noa Turner 19:15-20:30	Belly-Dancing Ayelet Avigdor 19:00-20:00	Ballet BAR Lena Rikner 19:15-20:15		<u>Every other week:</u> 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 30/7 beg. 20:00-21:15	# Ballet (int.-adv.) Coed Lena Rikner 20:15-21:45		<u>Every other week:</u> JAM Azul JAM Contact Coed 20:30-22:00		Independent Groups	Yearly pre-signed classes for kids and teens