

**STUDIO 6 Jerusalem. \*September 2024- June 25 Schedule || Updated 5/9/2024**

SUNDAY	MONDAY		TUESDAY	WEDNESDAY	THURSDAY		FRIDAY		
<b>Core Pilates</b> 8:30-9:30		<b># Yoga Singoga</b> Laura Gilinski 7:15-8:30		<b>Core Pilates</b> 8:30-9:30	<b># Yoga in English</b> Laura Gilinski 7:00-8:15		<b>Zumba Latin</b> Levana Amoyal <b>November</b> 8:15-9:15	<b>Eastern Dance Fusion (int)</b> Ayelet Avigdor 8:15-9:15	<b># Yoga</b> Dana Weinberg 8:15-9:30
	<b>Belly-Dancing</b> Ayelet Avigdor 9:00-10:00	<b>Modern (beg.)</b> Noa Turner 8:30-9:30		<b>Hip Hop</b> Linoy Biton <b>November</b> 9:30-10:30	<b># Yoga</b> Dana Weinberg 8:15-9:30	<b># Modern (beg.)</b> Noa Turner 9:15-10:30		<b>Dynamic Core</b> 9:15-10:15	<b>Nia</b> Tzippora Eisen 9:30-10:30
<b>Movement 60+</b> Tzfira Shteren 9:00-10:30	<b>Zumba &amp; Stretching</b> Maya Hemed <b>November</b> 10:00-11:00		<b>Rehabilitative Yoga</b> Yael Koali 10:15-11:30	<b>Movement 60+</b> Tzfira Shteren 10:35-11:50	<b>Tap Dance</b> Michelle Gordon 9:30-10:30	<b>Ocean 18+</b> Noa Turner 10:30-12:30	<b># Ballet (beg.)</b> Lena Rikner 11:30-12:45	<b>African Dance</b> Chaya Lev 10:30-11:30	<b>Online Workshop</b> <b>Education through the Body</b> Details at the reception
<b>Movement and posture for Parkinson</b> Hilla Erez 10:45-13:15					<b>JazzEmotion Broadway Jazz</b> Michelle Gordon 10:45-12:00	<b># Graham</b> Lena Rikner 12:30-13:45		<b>Ocean 18+</b> Noa Turner 11:30-13:30	
<b>African Dance</b> Chaya Lev 19:00-20:00	<b># Lyrical Jazz (int.)</b> Shahar Meir 18:30-19:45	<b># Yoga</b> Dana Weinberg 18:30-19:45	<b>Special Dance</b> Tzippora Eisen 17:15-18:15		<b># Yoga</b> Dana Weinberg 18:00-19:15				<b>Hip Hop Advanced</b> Hagar Levi 13:30-14:30
<b>Jazz (adv.)</b> Yasmin Grayev 20:00-21:00	<b>Musical Jazz (Int.)</b> Maya Yahav 19:45-20:45	<b>Lyrical Jazz (beg.)</b> Shahar Meir 19:45-20:45	<b>Nia</b> Tzippora Eisen 18:15-19:15	<b># Flamenco (int.)</b> Anat Tzuberi 17:45-19:00	<b># Ballet (int.)</b> Lena Rikner 19:00-20:15		<b>Latin Dance</b> <b>November</b> 18:45-19:45	<b>Open 18+ classes</b> <b># Hour and a half/fifteen</b>	(beg.)=beginners (int.) = intermediate (adv.)=advanced
<b>Hip Hop (beginners)</b> Hagar Levi 20:00-21:00	<b>Zumba</b> Moria Ofir 20:45-21:45	<b>Ballet (beginners)</b> Lena Rikner 20:45-21:45	<b># Modern Dance (beg.-int.)</b> Noa Turner 19:15-20:30	<b>Belly-Dancing</b> Ayelet Avigdor 19:00-20:00	<b># Ballet (int.-adv.)</b> Lena Rikner 20:30-22:00	<b>Contact impro Coed</b> 19:30-20:30	<b>Hip Hop</b> Linoy Biton. 19:45-20:45	Pre-registration required	all classes are for women unless stated 'coed'
<b>Hip Hop (int.)</b> Hagar Levi 21:00-22:00			<b># Modern Fusion (int.-adv.)</b> Noa Turner 20:30-21:45	<b># Lyrical Jazz</b> Maya Hemed 20:00-21:15	<b>Zumba</b> Moria Ofir 21:30-22:30	<b>JAM Contact Coed</b> 20:30-23:00	<b>Hip Hop Coed First Step</b> Ayelet Harbater 20:45-21:45	Independent Groups	Yearly pre-signed classes for kids and teens
					<b># Yoga Coed</b> Laura Gilinski <b>Starts 18/9</b> 17:45-19:00				

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

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