

Barre Schedule



Effective September 3, 2019
 Last Updated - September 13, 2019

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 SLO,CA 93401
 (P) 805-541-2669
WWW.COREDANCESLO.COM
INFO@COREDANCESLO.COM

TUITION

MONTHLY
 Unlimited = \$99/month

OR

PUNCH CARD
 10 CLASSES = \$150

DROP IN RATE = \$18

STUDIO 2

MONDAY

Time	Class	Instructor
9:15-10:15 am	COREBARRE	Leslie

TUESDAY

8:15-9:00 am	Barre Basics	Martina
9:15-10:15 am	Body by Jenny/Ballet Barre	Jenny
10:15-11:00 am	Lengthen & Stretch	Jenny

WEDNESDAY

8:00-9:00 am	COREBARRE	Leslie
9:15-10:15 am	COREBARRE	Leslie

THURSDAY

8:15-9:00 am	Barre Basics	Martina
9:15-10:15 am	Body by Jenny/Ballet Barre	Jenny
10:15-11:00 am	Lengthen & Stretch	Jenny

FRIDAY

8:00-9:00 am	COREBARRE	Martina
9:15-10:15 am	Body By Jenny/Ballet Barre	Jenny
10:15-11:00am	Lengthen & Stretch	Jenny

SATURDAY

9:00-9:45am	Barre Basics	Christiane
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SUNDAY

8:45 am - 9:55 am	COREBARRE	Rotating Instructor
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**Is there a time you would like to see a class that isn't on the schedule?
 Grab 4 friends & let us know so we can add it to the schedule!

ABOUT COREBARRE:

COREBARRE mixes elements of ballet, yoga, pilates and functional training designed to SCULPT, STRENGTHEN, and STRETCH your entire body!

ABOUT BODY BY JENNY:

Ballet barre is a challenging ballet based, barre fitness work out that incorporates authentic ballet movements, traditional barre fitness, Pilates and yoga.

Lengthen and stretch is a unique stretch class that incorporates ballet and yoga both at the barre and on the mat.

Cardio dance is a calorie burning dance party!

to sign up for classes visit <https://studiobookingsonline.com/coredancecompany/signup>