

# Barre Schedule



Effective September 3, 2019  
 Last Updated - August 15, 2019

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## STUDIO 2

### MONDAY

Time	Class	Instructor
9:15-10:15 am	COREBARRE	Leslie
10:15-11:00 am	Cardio Dance	Jenny

### TUESDAY

8:15-9:00 am	Barre Basics	Martina
9:15-10:15 am	Body by Jenny	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	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	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!

### TUITION

#### MONTHLY

Unlimited = \$99/month

OR

#### PUNCH CARD

10 CLASSES = \$150

**DROP IN RATE = \$18**

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