

Classes	Zumba Classes				Classes	Yoga Class	Classes	Adults Dance Classes			
	Monday					Tuesday		Wednesday			
TIME	1:00 PM - 1:30 PM	1:30 PM - 2:00 PM	2:00 PM - 2:30 PM	2:30 PM - 3:00 PM	TIME	3:30 PM - 4:00 PM	TIME	4:00 PM - 4:30 PM	4:30 PM - 5:00 PM	5:00 PM - 5:30 PM	5:30 PM - 6:00 PM
INSTRUCTOR	Paula	Zelma	Paula	Paula	INSTRUCTOR	Paula	INSTRUCTOR	Paula	Paula	Paula	Paula
	Tuesday					Wednesday		Thursday			
TIME	1:00 PM - 1:30 PM	1:30 PM - 2:00 PM	2:00 PM - 2:30 PM	2:30 PM - 3:00 PM	TIME	3:30 PM - 4:00 PM	TIME	4:00 PM - 4:30 PM	4:30 PM - 5:00 PM	5:00 PM - 5:30 PM	5:30 PM - 6:00 PM
INSTRUCTOR	Paula	Zelma	Paula	Paula	INSTRUCTOR	Paula	INSTRUCTOR	Paula	Paula	Paula	Paula
	Wednesday					Thursday		Friday			
TIME	1:00 PM - 1:30 PM	1:30 PM - 2:00 PM	2:00 PM - 2:30 PM	2:30 PM - 3:00 PM	TIME	3:30 PM - 4:00 PM	TIME	4:00 PM - 4:30 PM	4:30 PM - 5:00 PM	5:00 PM - 5:30 PM	5:30 PM - 6:00 PM
INSTRUCTOR	Paula	Zelma	Paula	Paula	INSTRUCTOR	Paula	INSTRUCTOR	Paula	Paula	Paula	Paula
	Thursday					Friday		Saturday			
TIME	1:00 PM - 1:30 PM	1:30 PM - 2:00 PM	2:00 PM - 2:30 PM	2:30 PM - 3:00 PM	TIME	3:30 PM - 4:00 PM	TIME	4:00 PM - 4:30 PM	4:30 PM - 5:00 PM	5:00 PM - 5:30 PM	5:30 PM - 6:00 PM
INSTRUCTOR	Paula	Zelma	Paula	Paula	INSTRUCTOR	Paula	INSTRUCTOR	Paula	Paula	Paula	Paula
	Friday					Saturday		Sunday			
TIME	1:00 PM - 1:30 PM	1:30 PM - 2:00 PM	2:00 PM - 2:30 PM	2:30 PM - 3:00 PM	TIME	3:30 PM - 4:00 PM	TIME	4:00 PM - 4:30 PM	4:30 PM - 5:00 PM	5:00 PM - 5:30 PM	5:30 PM - 6:00 PM
INSTRUCTOR	Paula	Zelma	Paula	Paula	INSTRUCTOR	Paula	INSTRUCTOR	Paula	Paula	Paula	Paula

This schedule will come in effect from 9th Jan 2023. All Rights are Reserved to KIOC for changes in Schedule of Classes. This schedule will come in effect from 9th Jan 2023. All Rights are Reserved to KIOC for changes in Schedule of Classes. This schedule will come in effect from 9th Jan 2023. All Rights are Reserved to KIOC for changes in Schedule of Classes.

Classes	Pilates Class	Classes	Kids Dance Classes
	Monday		Tuesday
TIME	1:00 PM - 1:30 PM	TIME	1:30 PM - 2:00 PM
INSTRUCTOR	Paula	INSTRUCTOR	Kids Bunch 7 Age
	Tuesday		Wednesday
TIME	1:00 PM - 1:30 PM	TIME	1:30 PM - 2:00 PM
INSTRUCTOR	Paula	INSTRUCTOR	Kids Bunch 7 Age
	Wednesday		Thursday
TIME	1:00 PM - 1:30 PM	TIME	1:30 PM - 2:00 PM
INSTRUCTOR	Paula	INSTRUCTOR	Kids Bunch 7 Age
	Thursday		Friday
TIME	1:00 PM - 1:30 PM	TIME	1:30 PM - 2:00 PM
INSTRUCTOR	Paula	INSTRUCTOR	Kids Bunch 7 Age
	Friday		Saturday
TIME	1:00 PM - 1:30 PM	TIME	1:30 PM - 2:00 PM
INSTRUCTOR	Paula	INSTRUCTOR	Kids Bunch 7 Age
	Saturday		Sunday
TIME	1:00 PM - 1:30 PM	TIME	1:30 PM - 2:00 PM
INSTRUCTOR	Paula	INSTRUCTOR	Kids Bunch 7 Age

This schedule will come in effect from 9th Jan 2023. All Rights are Reserved to KIOC for changes in Schedule of Classes. This schedule will come in effect from 9th Jan 2023. All Rights are Reserved to KIOC for changes in Schedule of Classes. This schedule will come in effect from 9th Jan 2023. All Rights are Reserved to KIOC for changes in Schedule of Classes.