

Online Lesson Schedule

November 2020 No lesson on Nov 26th and 27th		Special lesson +Nov 4th, 11th and 18th Wed 3:25-3:55 Rhythmic taught in Chinese 6-10yo TBA	Special lesson +Nov 14th Sat 9:30-10:00am Rhythmic taught in Russian 6-8yo Jane	Special lesson +Nov 14th Sat 10:00-10:30am Rhythmic taught in Russian 4-5yo Jane
Mon	Tue	Wed	Thu	Fri
3:55-4:25 Ballet for Rhythmic 6-9yo(2nd, 16th, 30th taught in Russian, 9th 23rd taught in English) 4:00-4:30 Rhythmic Gymnastics Beginner 4-5 yo Nami	3:25-3:55 Rope & Hoop Beginner 4-5 yo Nami	4:00-4:30 Rhythmic Gymnastics Beginner 4-5 yo Hitomi	3:25-3:55 Ribbon and Ball Beginner 4-5 yo Hitomi	4:00-4:30 Rhythmic Gymnastics Beginner 4-5 yo Josie
4:30-5:00 Rhythmic Gymnastics Beginner 6-8 yo Nami	**Premium member only 4:00-6:00 Rhythmic Gymnastics intermediate (for competition level 3-5 gymnast) Nami	4:30-5:00 Rhythmic Gymnastics Beginner 6-8 yo Hitomi	**Premium member only 4:00-6:00 Rhythmic Gymnastics intermediate (for competition level 3-5 gymnast) Hitomi	4:30-5:00 Rhythmic Gymnastics Beginner 6-8 yo Josie(No lesson on Nov 20th)
5:05pm-5:35 Rhythmic Gymnastics 9 yo and older Beginner / 6-8 yo intermediate Nami	4:00-5:15 Rhythmic Gymnastics stretch and strengthening 9+ yo and Adults Nami	5:05pm-5:35 Rhythmic Gymnastics 9 yo and older Beginner / 6-8 yo intermediate Hitomi	4:00-5:15 Rhythmic Gymnastics stretch and strengthening 9+ yo and Adults Hitomi	5:05-5:55 Монгол Гимнастик / Rhythmic Gymnastics taught in Mongolian 6-10 yo Zaya(No lesson on Nov 20th, 27th)
5:35-6:05 TBA	6:35-7:05 Rope and Hoop 6-8 yo Beginner Nami	5:35-6:05 日本語で新体操 Rhythmic Gym taught in Japanese 6-8 yo Beginner Hitomi	6:35-7:05 Ribbon and Ball 6-8 yo Beginner Hitomi	Special lesson +Nov 6th Fri 5:35-6:05 Line dance for Rhythmic 4 yo and older and Adults Hitomi