

Schedule - Fall 2009 (Sept 8 to dec 23)			Place	Level
Monday	18h-19h25	Handst / abdo	dojo	2
Tuesday	18h-19h25	Parabasics	dojo	2
	19h35-21h	Posture / flexibility	dance studio	1
Wednesday	14h-15h30	Acro-dancer	dojo	2-3
	18h35-19h55	Paragility	dojo	1
	20h10-21h35	Acrobatics	dojo	2-3
Thursday	18h-19h25	Force & Flex	dojo	1-2
	20h-21h30	Obstacles/Open practice	Père Sablon	2/all
Friday	18h-19h25	Acrobatics	dojo	2-3