

LifeDance Studios and Wellness Center

22 Cherry Street 2nd Floor

Westfield, MA 01085

413-642 – 1141

www.LifeDanceStudiosandWellness.com

Weekly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M.E.L.T 3 rd Monday w/ Kerrie 10:00-11:00am Studio A	YOGA w/ Kathy 9:00-10:15am Studio A	Dance Fitness w/ Kerrie 5:30-6:30pm Studio A	MELT w/ Kerrie 5:30-6:45pm Studio A	City Lights Girls Group 2x per month 5:30-7:30pm Studio A		YOGA w/ Kathy 9:00-10:15am studio A
Rehearsal 5:30-6:30pm Studio B	YOGA w/ Karla 6:00-7:15pm Studio A		Art of Worship w/ Brenda 7:00-8:00pm Studio A			
	YOGA w/ Kathy 7:30-8:45pm Studio A					

