

Adult Group Class	Level	Day	Time
Bachata	Beginners Level 1	Sunday & Wednesday	7:00 PM
	Improvers Level 2	Sunday & Wednesday	8:00 PM
	Improvers Level 2.5	Sunday	9:00 PM

Bachata Social Styling	All Levels	Sunday	6:00 PM
Bachata Lady Styling	All Levels	Sunday	6:00 PM

L.A. Salsa	Absolute Beginners	Saturday	6:00 PM
		Tuesday	7:00 PM
	Level 1.5	Saturday	5:00 PM
		Monday	7:00 PM
	Level 1	Saturday	4:00 PM
		Thursday	7:00 PM
	Level 2.5	Saturday & Monday	8:00 PM
Level 3	Monday & Wednesday	9:00 PM	

Kizomba	Level 1 - Kizomba	Tuesday & Thursday	8:00 PM
	Level 2 - Kizomba Fusion	Thursday	9:00 PM
	Level 3 - Urban Kiz	Tuesday	9:00 PM

Ballet	Beginners & Improvers	Monday	8:00 PM
	Improvers	Thursday	7:00 PM
	Intermediate (90 mins)	Sunday	12:00 PM
	Intermediate (60 mins)	Wednesday	8:00 PM

Silk & Mat Stretch	All Levels	Sunday	1:30 PM
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Contemporary	All Levels	Tuesday	7:00 PM
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Hip Hop	All Levels	Tuesday	7:00 PM
		Sunday	5:00 PM

Shuffle	All Levels	Friday & Sunday	6:00 PM
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Zumba	All Levels	Monday & Wednesday	7:00 PM
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Belly Dance	All Levels	Thursday	7:00 PM
		Saturday	12:00PM

Afrobeats	All Levels	Sunday & Tuesday	8:00 PM
	Beginners	Thursday	8:00 PM

Pole Dance	All Levels	Saturday	5:00 PM
		Wednesday	6:00 PM

Aerial Hammock	All Levels	Tuesday & Thursday	6:00 PM
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Reggaeton	All Levels	Monday & Wednesday	6:00 PM
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Dance on Heels	All Levels	Sunday	4:00 PM
	All Levels	Thursday	9:00 PM

Kids Group Class	Level	Day	Time
Ballet	Baby Ballet Ages 2-3 yrs (30mins)	Tuesday	4:00 PM
	Kid's Ballet Ages 4-6 yrs	Tuesday	4:30 PM
	Kid's Ballet Ages 5+ yrs (45mins)	Saturday	9:30 AM

Hip Hop	Ages 6-10 yrs	Sunday	3:00 PM
		Wednesday	4:00 PM
	Ages 11+ yrs	Sunday	4:00 PM
		Wednesday	5:00 PM

Contemporary	Ages 8+	Thursday	5:00 PM
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