



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						
6 40+ & Hot 7 Belidanz LM 7.45 Johara	6 Momentum MM 7 Street Jazz beg 8 Street Jazz int	6.30 Bellydance 1 7.30 Bellydance 2 8:30 Tango int	6.30 Motivance MM 7.30 Brazilian w/o HH 8.30 Bellydance 4/5 9.30 Korean dance troupe (independent	5.30 Shiamak – Indo/Jazz (independent program))		5 Performance BD 7 Salsa

Ask about the 40+ and HOT!! VIP package!!!!

To help you select the class which will best help you meet your fitness goals, we have rated our workout classes for impact and intensity.

H = High

M = Moderate

L = Low.

e.g. the abbreviation **MH** indicates the class is **moderate impact** and **high intensity**.

DATES TO REMEMBER!!!!!!!!!!!!

Wed Feb 8 6.30 – 8.30 and Thur Mar 8 8.30 – 9.30
Bellydance Drills, Skills and Thrills

10th Anniversary Social Night - date and time TBA

40+ and Hot Hair and Make- up Workshop series – TBA

Mar 28 6.30 – 8 pm – Lat week of Bellydance classes.
All levels combined for a fun last day