



April Beginner

Group Class Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
3 1:45 Fitness: Body Works- Conditioning 8:00 WEST COAST SWING 8:00 FITNESS: Core Rhythm	4 1:45 Fitness: Body Works- Conditioning 7:15 RUMBA/ WALTZ	5 6:30 SAMBA 7:15 FITNESS: Iso- Stretch	6 1:45 Fitness: Body Works- Conditioning 7:15 New Student Practice Session	7 1:45 Fitness: Body Works- Conditioning 8:00 ALL LEVELS: WEST COAST SWING 8:45 PARTY!
10 1:45 Fitness: Body Works- Conditioning 8:00 HUSTLE/ SWING 8:00 FITNESS: Core Rhythm	11 1:45 Fitness: Body Works- Conditioning 7:15 NIGHT CLUB 2 STEP	12 6:30 BACHATA/ MERENGUE 7:15 FITNESS: Iso- Stretch	13 1:45 Fitness: Body Works- Conditioning 7:15 New Student Practice Session	STUDIO CLOSED
17 STUDIO CLOSED	18 1:45 Fitness: Body Works- Conditioning 7:15 SALSA/ CHA CHA	19 6:30 COUNTRY 2 STEP 7:15 FITNESS: Iso- Stretch	20 1:45 Fitness: Body Works- Conditioning 7:15 New Student Practice Session	21 1:45 Fitness: Body Works- Conditioning 8:00 ARTI ES SEMI- FINA LS
24 1:45 Fitness: Body Works- Conditioning 8:00 FOXTROT/TANGO 8:00 FITNESS: Core Rhythm	25 1:45 Fitness: Body Works- Conditioning 7:15 WALTZ/ VIENNESE WALTZ	26 6:30 SOCIAL BOLERO 7:15 FITNESS: Iso-Stretch	27 1:45 Fitness: Body Works- Conditioning 7:15 New Student Practice Session	28 1:45 Fitness: Body Works- Conditioning 8:00 ALL LEVELS: SASSY FOXTROT 8:45 Party

