



DECEMBER 2018

Weekly DANCE Classes

	Mondays				Tuesdays			
	NO CLASSES 12/22-1/1							
6:30pm – 7:30pm	Bhangra (Prashant) All Levels	Vogue I - Fundamentals (Daniel) Progressive Cycle			Bachata I Beginners (Deblin & Iñaki) Progressive Cycle	Reggaeton (Diana) All Levels	Casino Partnering Intermediate (Rob) Progressive Cycle	
7:30pm – 8:30pm	Bollywood (Prashant) All Levels	Vogue II – Int/Adv (Daniel)	Salsa I – Intro (Deblin & Branden) Progressive Cycle		Bachata II Beyond Beginners (Deblin & Iñaki) Progressive Cycle	NEW CLASS! Hustle Beginners (Donna)	Kizomba Beginners (Carolina & Jamal)	
8:30pm – 9:30pm		Sexy Heels Beginners / All Levels (Paula)			Bachata III Intermediate (Deblin & Iñaki)	Sexy Heels Int/Adv (Paula)		
	Wednesdays				Thursdays			
	NO CLASSES 12/22-1/1							
6:30pm – 7:30pm	DanceHall All Levels (Alia)	Belly Dance Beginners (Shea)			Salsa I - Intro (Carolina & Jamal) Progressive Cycle		Beginners Hip Hop Choreo (Heather) All Levels	
7:30pm – 8:30pm	NEW CLASS! House All Levels (Donna)	Casino Partnering Beginners (Rob) Progressive Cycle	Salsa On2 Int/Adv (Carolina & Jamal) *7:30pm-9pm		Salsa II – Beyond Beginners (Carolina & Jamal) Progressive Cycle	Zouk I (Nathalia) Progressive Cycle	Krump (Tyler) All Levels	
8:30pm – 9:30pm					Salsa III - Intermediate (Carolina & Jamal)	Zouk II (Nathalia) Progressive Cycle	NEW CLASS! Hip Hop (Jesus) All Levels	

**Special Workshops on Sat/Sun **
 Check website for more information

* 10 class cards and monthly packages available
 ** Please visit our website for class descriptions

Dance Classes \$15 Drop-In



Vitalidad Movement Arts Center
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Weekly FITNESS Classes

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
					9am-10am Zumba (Bruce)	
			5:30pm-6:30pm Dance Fit (Diana) No class 11/22			
5:30pm-6:30pm Zumba (Bruce)	5:30pm-6:30pm Fitness Bootcamp (Allen)	5:30pm-6:30pm Zumba (Ivy)	5:30pm-6:30pm Fitness Bootcamp (Allen) No class 11/22			

Fitness Classes \$10 Drop-In

* 10 class cards and monthly packages available
 ** Please visit our website for class descriptions