Dance Studio

Fall 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00am-7:30am								7:00am-7:30am
7:30am-8:00am								7:30am-8:00am
8:00am-8:30am								8:00am-8:30am
8:30am-9:00am								8:30am-9:00am
9:00am-9:30am						Disiac		9:00am-9:30am
9:30am-10:00am						Disiac		9:30am-10:00am
10:00am-10:30am						Disiac	RAKS	10:00am-10:30am
10:30am-11:00am						Disiac	RAKS	10:30am-11:00am
11:00am-11:30am						Naacho	RAKS	11:00am-11:30am
11:30am-12:00pm						Naacho	RAKS	11:30am-12:00pm
12:00pm-12:30pm			Hatha Yoga	Qigong	Hatha Yoga	Naacho	RAKS	12:00pm-12:30pm
12:30pm-1:00pm			Hatha Yoga	Qigong	Hatha Yoga	Belly Dance	RAKS	12:30pm-1:00pm
1:00pm-1:30pm				Qigong (1:15)		Belly Dance	Ballroom Dance	1:00pm-1:30pm
1:30pm-2:00pm						Belly Dance	Ballroom Dance	1:30pm-2:00pm
2:00pm-2:30pm							Latin Dance	2:00pm-2:30pm
2:30pm-3:00pm							Latin Dance	2:30pm-3:00pm
3:00pm-3:30pm						Disiac	Disiac	3:00pm-3:30pm
3:30pm-4:00pm						Disiac	Disiac	3:30pm-4:00pm
4:00pm-4:30pm	Basic/Int. Pilates	Ballroom	Ballroom	Basic/Int. Pilates		Disiac	Disiac	4:00pm-4:30pm
4:30pm-5:00pm	Basic/Int. Pilates	Ballroom	Ballroom	Basic/Int. Pilates		Disiac	Disiac	4:30pm-5:00pm
5:00pm-5:30pm	Basic/Int. Pilates	Ballroom	Ballroom	Basic/Int. Pilates	RAKS	BAC	Naacho	5:00pm-5:30pm
5:30pm-6:00pm	Basic/Int. Pilates	Ballroom	Ballroom	Basic/Int. Pilates	RAKS	BAC	Naacho	5:30pm-6:00pm
6:00pm-6:30pm	Int/Adv. Pilates	BAC	Salsa	TapCats	RAKS	BAC	Naacho	6:00pm-6:30pm
6:30pm-7:00pm	Int/Adv. Pilates	BAC	Salsa	TapCats	RAKS	Naacho	Naacho	6:30pm-7:00pm
7:00pm-7:30pm	Triple 8	BAC	Social Dance	Kendo	RAKS	Naacho	RAKS	7:00pm-7:30pm
7:30pm-8:00pm	Triple 8	Triple 8	Social Dance	Kendo	RAKS	Naacho	RAKS	7:30pm-8:00pm
8:00pm-8:30pm	Triple 8	Triple 8	Swing Dance	Kendo	RAKS	Naacho	RAKS	8:00pm-8:30pm
8:30pm-9:00pm	Triple 8	Triple 8	Swing Dance	Kendo	RAKS	Naacho	RAKS	8:30pm-9:00pm
9:00pm-9:30pm	Triple 8	Expressions	Triple 8	Naacho	BAC	Naacho	BodyHype	9:00pm-9:30pm
9:30pm-10:00pm	Expressions	Expressions	Triple 8	Naacho	BAC		BodyHype	9:30pm-10:00pm
10:00pm-10:30pm	Expressions	Expressions	Triple 8	Naacho	BAC		BodyHype	10:00pm-10:30pm
10:30pm-11:00pm	Expressions	Expressions	Triple 8	Naacho	BAC		BodyHype	10:30pm-11:00pm
11:00pm-11:30pm	Expressions	BodyHype	Expressions		BodyHype		Disiac	11:00pm-11:30pm
11:30pm-12:00am	Expressions	BodyHype	Expressions		BodyHype		Disiac	11:30pm-12:00am
12:00am-12:30am		BodyHype	Expressions		BodyHype		Disiac	12:00am-12:30am
12:30am-1:00am		BodyHype	Expressions		BodyHype		Disiac	12:30am-1:00am
Red = Instructional Class			Black = Sport Club			Blue = ODUS		

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