





Cobra Gymnastics & Dance Center - Studio Schedule 2016-2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga Dance with Stephanie 9:30-10:45am <i>2nd Sunday of each month</i>				All classes are drop-in* Annual Membership: \$10 50-60 minute class \$8/\$10 75 minute class \$10/\$12 90 minute class \$11/\$13 *Tribal Bellydance is drop-in only after completing a 6-week Level 1 class series or with prior experience.		Integrative Yoga with Stephanie 9:30-11:00am
Yoga with Paula 9:30-10:45am <i>4th Sunday of each month</i>		Level 1 Tribal Bellydance with Shelby 1:00-2:15pm	Lunch Yoga with Paula 12:05-12:55pm			
NIA with Darby 12noon-1:15pm beginning 9/11	Aerial Yoga with Jessie TBD	Cardio Kickboxing with Bill 4:10-5:00pm beginning 10/4		Team Ballet with Erika 4:00-5:00pm	Level 1 Tribal Bellydance with Shelby 6:45-8:00pm beginning 9/16	
		Yoga with Rachel 5:30-7:00pm		NIA with Darby 5:30-6:45pm beginning 9/15	Level 2 Tribal Bellydance with Shelby 8:00-9:15pm	
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