




Cobra Gymnastics & Dance Center - Studio Schedule 2016-2017

Sunday	Monday	Tuesday	Wednesay	Thursday	Friday	Saturday
Yoga Dance <i>with Stephanie</i> 9:30-10:45am 2nd Sunday of each month				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 <i>with Stephanie</i> 9:30-11:00am
Yoga <i>with Paula</i> 9:30-10:45am 4th Sunday of each month		Level 1 Tribal Bellydance <i>with Shelby</i> 1:15-2:15pm	Lunch Yoga <i>with Paula</i> 12:05-12:55pm			Kids Yoga <i>with Cristy</i> Ages: 7-14 11:15-12:15pm
Modern Dance <i>with Erika</i> 9:30-10:45am 1st and 3rd Sundays Feb-May	Yoga <i>with Jesse</i> 4:30-5:45pm 	Cardio Kickboxing <i>with Bill</i> 4:10-5:00pm	Yoga for Cancer Survivors <i>with Paula</i> 4:30-5:30pm Free Sponsored by RRMC	Team Ballet <i>with Erika</i> 4:00-5:00pm	Level 1 Tribal Bellydance* <i>with Shelby</i> 6:45-8:00pm	
NIA <i>with Darby</i> 12noon-1:15pm		Yoga <i>with Rachel</i> 5:30-7:00pm		NIA <i>with Darby</i> 5:30-6:45pm	Level 2 Tribal Bellydance <i>with Shelby</i> 8:00-9:15pm	
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