



Cobra Gymnastics & Dance Center - Studio Schedule 2016-2017

Sunday	Monday	Tuesday	Wednesay	Thursday	Friday	Saturday
<p>Yoga Dance with Stephanie 9:30-10:45am <i>2nd Sunday of each month</i></p>		<p>Level 1 Tribal Bellydance with Shelby 1:00-2:15pm</p>	<p>Lunch Yoga with Paula 12:05-12:55pm</p>	<p>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.</p>		<p>Integrative Yoga with Stephanie 9:30-11:00am</p>
<p>Yoga with Paula 9:30-10:45am <i>4th Sunday of each month</i></p>		<p>NIA with Darby 12noon-1:15pm <i>beginning 9/11</i></p>		<p>Yoga with Rachel 6:00 -7:30pm</p>	<p>Level 1 Tribal Bellydance with Shelby 6:45-8:00pm <i>beginning 9/16</i></p>	<p>Level 2 Tribal Bellydance with Shelby 8:00-9:15pm</p>
<p>www.cobravt.com cobravt@me.com 802-772-7011 56 Howe Street Bld H Rutland, VT 05701</p>						

Studio Rental

We are happy to rent our studio during normal business hours to those who would like a quiet space to do yoga, dance, meditate or just BE! Studio rates are \$20 per hour, or \$15 per 45 minutes. Please call ahead to arrange time to rent the space. No children under 12.