


# COBRA GYMNASTICS & DANCE CENTER

## STUDIO SCHEDULE 2017-2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Yoga Dance</b> 9:30 - 10:45 am Sundays of the first full weekend of the month				Studio classes are drop-in and can be taken by anyone 13+, unless otherwise indicated.  Participants under 18 will need a waiver signed by a parent/guardian.  Classes in white are drop-in classes for ages 13+. Classes in grey are weekly classes, paid per session (see website for pricing).		<b>Yoga</b> 9:30 - 11:00am with Bonnie
<b>Yoga</b> 9:30-10:45am with Paula 4th Sunday of the month		<b>Tribal Bellydance I</b> 1:15 - 2:30pm with Shelby	<b>\$8 Lunch Yoga</b> 12:05 - 12:55 with Paula (\$10 non-members)			<b>Specialty Dance Workshops</b> 1st Saturday of every month 1:00-3:00pm \$18 member/\$20 drop-in Offering: Burlesque, Salsa & Bachata, Body Rhythm, Contact Improv, Hip Hop, ect
<b>NIA Dance</b> 12noon - 1:15pm with Darby				<b>Pre-School Ballet/Tap</b> Ages 3-5 1:00-1:45pm with Kathy	<b>Tribal Bellydance I &amp; 2</b> 7:00-8:15pm with Shelby	<b><u>DROP-IN PRICING</u></b> <b>Annual Membership</b> \$10 50-60 Minute class \$8/\$10 75 Minute class \$10/\$12 90 Minute class \$11/\$13 <b>Studio Punchcards</b> 75 Minute- \$90 90 Minute- \$100
Birthday, Bachelorette and Ladies Night Out parties are available for booking! Call for more information!			<b>Gentle Yoga</b> 4:30-5:30pm with Paula	<b>NIA Dance</b> 5:30 - 6:45pm with Darby	<b>Tribal Bellydance II &amp; Sisterhood of the Silk Road</b> 8:15-9:05pm with Shelby	
			<b>Beginner Yoga</b> 6:00-7:30pm with Rachel			

56 HOWE STREET, RUTLAND, VT    [WWW.COBRAVT.COM](http://WWW.COBRAVT.COM)    802.772.7011    [COBRAVT@ME.COM](mailto:COBRAVT@ME.COM)