


COBRA GYMNASTICS & DANCE CENTER

STUDIO SCHEDULE 2017-2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga Dance 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).		Yoga 9:30 - 10:45am with Bonnie
Yoga 9:30-10:45am with Paula 4th Sunday of the month		Tribal Bellydance I 1:15 - 2:30pm with Shelby	\$8 Lunch Yoga 12:05 -12:55 with Paula (\$10 non-members)			Specialty Dance Workshops 1st Saturday of every month 1:00-3:00pm Offering: Burlesque, Salsa & Bachata, Body Rhythm, Hip Hop, African, etc Yoga Workshops One Saturday per month 12:00-2:00pm \$18 member/\$20 drop-in
NIA Dance 12noon - 1:15pm with Darby				Pre-School Ballet/Tap Ages 3-5 1:00-1:45pm with Kathy	Tribal Bellydance I & 2 7:00-8:15pm with Shelby	<u>DROP-IN PRICING</u> Annual Membership \$10 50-60 Minute class \$8/\$10 75 Minute class \$10/\$12 90 Minute class \$11/\$13 Studio Punchcards 75 Minute- \$90 90 Minute- \$100
				NIA Dance 5:30-6:45pm with Darby	Yoga for Cancer 4:30-5:30pm with Paula <i>Free class by RRMC</i>	
			Beginner Yoga 6:00-7:30pm with Rachel			

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