



Adult Class Schedule

Monday

10:15-11:45 am	Yoga*	Barbara Simon
7:30-8:30 pm	Beginning Ballet	Dance Studio No.1 (DS1)
8:00-9:00 pm	Karate*	Ron Vance

Tuesday

8:30-11:15 am	EIM Aerobics*	Charlotte G.
7:30-8:30 pm	Int/Adv Ballet	DS1

Wednesday

8:00-9:30 pm	Karate*	Ron Vance
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Thursday

8:30-11:15 am	EIM Aerobics*	Charlotte G.
7:30-8:30 pm	Stretch and Tone – All levels	DS1

Friday

8:00-9:00 pm	Karate*	Ron Vance
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Saturday

8:30-10:00 am	EIM Aerobics*	Charlotte G.
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DS1 classes require a minimum of four participants in each class.

DS1 classes are \$17.50 each or \$75 for 5 classes. Please call to schedule class. (310) 979-9929

** These classes are conducted at Dance Studio No. 1 by independent instructors who rent space from us. Please contact them directly for more information.*

Barbara Simon (Yoga) (800) 601-7929 <http://barbarasimonyoga.com/>

Ron Vance (Karate) (310) 339-2062 <http://nkidojo.com/>

Charlotte G. (Aerobics) (818) 760-8344

Reggie Brown (Modern/Contemporary) RBDanceArts@gmail.com