

December 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|--|---|
| 27 2:30 PM - 4:30 PM • 2h RESTORATIVE YOGA wi... Gianna Bardelli | 28 9:30 AM - 10:45 AM • 1h... Yoga Mix with Shawn • ... Shawn Brow 7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry | 29 9:00 AM - 10:15 AM • 1h... Morning Flow with Sha... Shawn Brow 3:00 PM - 6:00 PM • 3h Silver Spurs/ Folk danc... Susan Dankovich 6:00 PM - 7:15 PM • 1h ... Evening Flow • Studio #1 Rachael Roszbach 7:30 PM - 8:30 PM • 1h Private dance lesson (c... Mindi sheer 8:30 PM - 9:30 PM • 1h Dance Practice & Prep • ... Mindi sheer | 30 3:00 PM - 6:15 PM • 3h ... Silver Spurs/ Folk danc... Susan Dankovich 7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry | 1 Dec 3:00 PM - 4:30 PM • 1h ... STUDIO CLEANING • St... Gianna Bardelli 4:45 PM - 6:15 PM • 1h ... RESTORATIVE YOGA wi... Gianna Bardelli 6:30 PM - 7:30 PM • 1h Ballroom series - Foxtr... Mindi sheer 7:30 PM - 8:30 PM • 1h Latin series - Latin club... Mindi sheer | 2 9:30 AM - 10:45 AM • 1h... Gentle Yoga Mix with S... Shawn Brow 7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry | 3 9:30 AM - 10:30 AM • 1h Yoga Stretching • Studi... Jimmie Allen 11:00 AM - 12:30 PM • 1... DE Latin Dance ensemb... Mindi sheer 1:00 PM - 4:00 PM • 3h SPECIAL EVENT • Studio... Jon Bagby |
| 4 10:00 AM - 1:00 PM • 3h ECSTATIC DANCE • Stud... Cary Whitehead 2:30 PM - 4:30 PM • 2h RESTORATIVE YOGA wi... Gianna Bardelli | 5 9:30 AM - 10:45 AM • 1h... Yoga Mix with Shawn • ... Shawn Brow 7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry | 6 9:00 AM - 10:15 AM • 1h... Morning Flow with Sha... Shawn Brow 3:00 PM - 6:00 PM • 3h Silver Spurs/ Folk danc... Susan Dankovich 6:00 PM - 7:15 PM • 1h ... Evening Flow • Studio #1 Rachael Roszbach 7:30 PM - 8:30 PM • 1h Private dance lesson (c... Mindi sheer 8:30 PM - 9:30 PM • 1h Dance Practice & Prep • ... Mindi sheer | 7 3:00 PM - 6:15 PM • 3h ... Silver Spurs/ Folk danc... Susan Dankovich 7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry | 8 3:00 PM - 4:30 PM • 1h ... STUDIO CLEANING • St... Gianna Bardelli 4:45 PM - 6:15 PM • 1h ... RESTORATIVE YOGA wi... Gianna Bardelli 6:30 PM - 7:30 PM • 1h Ballroom series - Foxtr... Mindi sheer 7:30 PM - 8:30 PM • 1h Latin series - Latin club... Mindi sheer | 9 9:30 AM - 10:45 AM • 1h... Gentle Yoga Mix with S... Shawn Brow 7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry | 10 9:30 AM - 10:30 AM • 1h Yoga Stretching • Studi... Jimmie Allen 5:30 PM - 7:00 PM • 1h ... RESTORATIVE YOGA wit... Gianna Bardelli |
| 11 11:00 AM - 12:30 PM • 1... DE Latin Dance ensem... Mindi sheer | 12 9:30 AM - 10:45 AM • 1h... Yoga Mix with Shawn • ... Shawn Brow | 13 9:00 AM - 10:15 AM • 1h... Morning Flow with Sha... Shawn Brow | 14 3:00 PM - 6:15 PM • 3h ... Silver Spurs/ Folk danc... Susan Dankovich | 15 3:00 PM - 4:30 PM • 1h ... STUDIO CLEANING • St... Gianna Bardelli | 16 9:30 AM - 10:45 AM • 1h... CLASS CANCELED toda... Shawn Brow | 17 9:30 AM - 10:30 AM • 1h Yoga Stretching • Studi... Jimmie Allen |

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| <p>2:30 PM - 4:30 PM • 2h RESTORATIVE YOGA wi... Gianna Bardelli</p> | <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>3:00 PM - 6:00 PM • 3h Silver Spurs/ Folk danc... Susan Dankovich</p> <p>6:00 PM - 7:15 PM • 1h ... Evening Flow • Studio #1 Rachael Rossbach</p> <p>7:30 PM - 8:30 PM • 1h Private dance lesson (c... Mindi sheer</p> <p>8:30 PM - 9:30 PM • 1h Dance Practice & Prep ... Mindi sheer</p> | <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>4:45 PM - 6:15 PM • 1h ... RESTORATIVE YOGA wi... Gianna Bardelli</p> <p>6:30 PM - 7:30 PM • 1h Ballroom series - Foxtr... Mindi sheer</p> | <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>11:00 AM - 12:30 PM • 1... DE Latin Dance ensemb... Mindi sheer</p> |
| <p>18</p> <p>10:00 AM - 1:00 PM • 3h ECSTATIC DANCE • Stud... Cary Whitehead</p> <p>2:30 PM - 4:30 PM • 2h RESTORATIVE YOGA wi... Gianna Bardelli</p> | <p>19</p> <p>9:30 AM - 10:45 AM • 1h... CANCELED TODAY • Stu... Shawn Brow</p> <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>20</p> <p>9:00 AM - 10:15 AM • 1h... CANCELED TODAY • Stu... Shawn Brow</p> <p>3:00 PM - 6:00 PM • 3h Silver Spurs/ Folk danc... Susan Dankovich</p> <p>6:00 PM - 7:15 PM • 1h ... Evening Flow • Studio #1 Rachael Rossbach</p> <p>7:30 PM - 8:30 PM • 1h Private dance lesson (c... Mindi sheer</p> <p>8:30 PM - 9:30 PM • 1h Dance Practice & Prep ... Mindi sheer</p> | <p>21</p> <p>3:00 PM - 6:15 PM • 3h ... Silver Spurs/ Folk danc... Susan Dankovich</p> <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>22</p> <p>3:00 PM - 4:30 PM • 1h ... STUDIO CLEANING • St... Gianna Bardelli</p> <p>4:45 PM - 6:15 PM • 1h ... RESTORATIVE YOGA wi... Gianna Bardelli</p> <p>6:30 PM - 7:30 PM • 1h Ballroom series - Foxtr... Mindi sheer</p> | <p>23</p> <p>9:30 AM - 10:45 AM • 1h... CANCELED TODAY • Stu... Shawn Brow</p> <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>24</p> <p>9:30 AM - 10:30 AM • 1h Yoga Stretching • Studi... Jimmie Allen</p> <p>11:00 AM - 12:30 PM • 1... DE Latin Dance ensemb... Mindi sheer</p> |
| <p>25</p> <p>2:30 PM - 4:30 PM • 2h RESTORATIVE YOGA wi... Gianna Bardelli</p> | <p>26</p> <p>9:30 AM - 10:45 AM • 1h... CANCELED TODAY • Stu... Shawn Brow</p> <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>27</p> <p>9:00 AM - 10:15 AM • 1h... CANCELED TODAY • Stu... Shawn Brow</p> <p>3:00 PM - 6:00 PM • 3h Silver Spurs/ Folk danc... Susan Dankovich</p> <p>6:00 PM - 7:15 PM • 1h ... Evening Flow • Studio #1 Rachael Rossbach</p> <p>7:30 PM - 8:30 PM • 1h Private dance lesson (c... Mindi sheer</p> <p>8:30 PM - 9:30 PM • 1h Dance Practice & Prep ... Mindi sheer</p> | <p>28</p> <p>3:00 PM - 6:15 PM • 3h ... Silver Spurs/ Folk danc... Susan Dankovich</p> <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>29</p> <p>3:00 PM - 4:30 PM • 1h ... STUDIO CLEANING • St... Gianna Bardelli</p> <p>4:45 PM - 6:15 PM • 1h ... RESTORATIVE YOGA wi... Gianna Bardelli</p> <p>6:30 PM - 7:30 PM • 1h Ballroom series - Foxtr... Mindi sheer</p> | <p>30</p> <p>9:30 AM - 10:45 AM • 1h... Gentle Yoga Mix with S... Shawn Brow</p> <p>7:00 PM - 8:30 PM • 1h ... Aikido • Studio #1 James Landry</p> | <p>31</p> <p>9:30 AM - 10:30 AM • 1h Yoga Stretching • Studi... Jimmie Allen</p> <p>11:00 AM - 12:30 PM • 1... DE Latin Dance ensemb... Mindi sheer</p> <p>6:00 PM - 1:00 AM • 7h ECSTATIC DANCE • Stud... Cary Whitehead</p> |