

# DANCE VISIONS

# ADULT SCHEDULE

# Winter 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:30-7:30a</b> Dance Exercise <i>Zweig</i>		<b>6:30-7:30a</b> Dance Exercise <i>Zweig</i>		<b>6:30-7:30a</b> Dance Exercise <i>Zweig</i>	<b>8:45-10a</b> Cardio-Pop Mixed level <i>Bell</i>	<b>8-9a</b> Hip Hop Mixed level <i>Bell/Navarro</i>
		<b>8:45-10a</b> Cardio Jazz Level 2 <i>Bell</i>				
<b>10-11:15a</b> Cardio- Jazz Level 1 <i>Navarro</i>	<b>10-11a</b> Hip Hop Mixed level <i>Bell</i>	<b>10-10:30a</b> Preview of next class <b>10:30-11:45a</b> Lyrical Jazz/ Contemporary Level 2 <i>Navarro</i>	<b>10-11a</b> Hip Hop Mixed level <i>Bell/ Navarro</i>	<b>10-11:15a</b> Cardio Jazz Level 1 <i>Bell/Navarro</i>	<b>11:30-12:30</b> Beginning Ballet <i>Brey</i> <b>(Studio G-6)</b>	
<b>11:15-Noon</b> Beginning TAP Level 1 <i>Bell</i>	<b>11-Noon</b> Tap <i>Bell</i>		<b>11-Noon</b> Tap <i>Bell</i> <b>11-Noon</b> Belly Dance (Studio B) <i>Andrea</i>			
		<b>Noon-1:15p</b> Belly Dance <i>Sandra</i>				
					<b>2:15-3:45p</b> Lyrical Jazz/ Contemporary Level 2 <i>Navarro</i>	
						<b>4-6p</b> Choreography Club (call first) <i>Brey</i>
	<b>6-7:15pm</b> Beginning Ballet <i>Brey</i>		<b>6:30-8pm</b> Contemporary <i>Foley</i>	<b>6:30 -7:30pm</b> Hip Hop (class held 1 <sup>st</sup> Fri of month <b>ONLY</b> ) Mixed level <i>Bell/ Navarro</i>		
<b>6:45-8:15p</b> Int/Adv Modern <i>Aeck</i>						
<b>8:15 to 9:45p</b> <i>Intermediate. Ballet</i> <b>(Studio L-6)</b>		<b>8:05-9:30p</b> Intermediate Ballet <i>Brey</i>				

CONTACT INSTRUCTOR FOR MORE INFO

**Zann Aeck** [zann.aeck@gmail.com](mailto:zann.aeck@gmail.com) **Vicky Brey** [vickydancevisions.com](http://vickydancevisions.com) 650-938-8069."

**Adrienne Foley** [apfoley@sbcglobal.net](mailto:apfoley@sbcglobal.net) **Mandy Bell** [mandymillerbell@gmail.com](mailto:mandymillerbell@gmail.com) / 650.279.4997 **Lisa Navarro** [lisa.navavarro25@gmail.com](mailto:lisa.navavarro25@gmail.com) / 415.971.1456

**Sandra** [sandra@raks-sharki.com](mailto:sandra@raks-sharki.com) **Andrea Saliba** [andrea@mindfullyfit.com](mailto:andrea@mindfullyfit.com)

**Laura Zweig** [laura@laurazweig.com](mailto:laura@laurazweig.com) / 650.324.8751