

March 2010 Dance Classes and Parties

- All group lessons are \$12 each per person and range from 1 to 1¼ hours in length; check our online calendar for details.
- All weekend dance parties are \$12/person, and all include free lesson(s) & food.
- The "Westie Wednesday" West-Coast Swing party is \$7, \$5 for Del Val Swing Club members. Free if you take 6:30 & 7:45 class.
- No partner necessary; most come without. Wear comfortable shoes.



ATRIUM DANCE STUDIO

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>11am–3pm Tango Milonga and Brunch 1st 3rd 5th Sunday</p> <p>3pm–7:00pm Ballroom Mix party w/lesson</p> <p>Coastline Latin Night (Every Sun) 8-9pm Class w/ Barbara</p>	<p>6pm-7:00pm KICK BOXING \$7 WINTER SPECIAL</p> <p>Intermediate Foxtrot</p> <p>7pm-8pm</p> <p>Tribal Fusion Bellydance: Core, Arms, & Posture Starting March 8th</p> <p>Men's Salsa Styling Class "On 1" and "On 2"</p> <p>Intermediate Hustle</p> <p>8:00-9:00pm Pole Dancing</p> <p>9:00-10:00pm Intermediate Pole Dancing-</p> <p>**CHAIR DANCE** WORKSHOP MARCH 29TH 8:00pm-9:30pm \$15 No Pole on March 29th</p>	<p>6pm–7:15pm Salsa Basics II (Basics I starts March 16)</p> <p>**ZUMBA FITNESS \$7 WINTER SPECIAL</p> <p>6:30pm–7:30pm R&B Line Dance Basics I</p> <p>7pm–8pm Beg/Int. Belly Dance Technique with Valerie</p> <p>7:15pm–8:30pm Int. Salsa</p> <p>7:30p–8:30pm R&B Line Dance Basics II</p> <p>8:45pm Cha Cha (footwork & partner work)</p> <p>10pm-11pm Salsa Performance rehearsal</p>	<p>5:30pm–6:30pm \$7 Yoga</p> <p>6pm–7pm Salsa/Latin Class For Kids</p> <p>7:00pm-8pm West Coast Swing I/ II</p> <p>Ballroom Basics I /II</p> <p>Argentine Tango Basics</p> <p>8pm-9pm West Coast Swing Level 2/ 3</p> <p>Argentine Tango Intermediate</p> <p>Hip Hop Int./ Adv. Level (Choreography) With Ken Dogg "In Da Klutch"</p> <p>9:00pm–11:30pm West Coast Swing Party</p> <p>D' Place Class with Barbara 8:30pm-9:30pm</p>	<p>6pm-7:00pm KICK BOXING \$7 WINTER SPECIAL</p> <p>6:15pm–7:30pm Salsa Basics I/ II</p> <p>7:00pm-8:00pm Teen/Adult Hip-Hop</p> <p>7:30pm–8:30pm Latin Body Movement Ladies Styling</p> <p>8:30pm–9:45pm Salsa Intermediate</p> <p>8:00pm- 9:00pm Open Level: Pole Dancing</p> <p>**CHAIR DANCE** WORKSHOP MARCH 25th 8:00pm-9:30pm \$15 No Pole on March 25th</p>	<p>1st Friday 8:00pm–1:00am R&B Line Dance Party</p> <p>2nd Friday 8:00pm–1:00am Double-shot Friday West Coast Swing & Hustle Party</p> <p>3rd Friday 8:00pm–1:00am R&B Line Dance Party</p>	<p>10am-11am **ZUMBA FITNESS \$7 PER PERSON!</p> <p>11am–12:15pm Salsa Basics I/ II</p> <p>12:15pm–1:30pm Latin Body Movement</p> <p>1:00pm- 2:00pm Kids Hip-Hop (Ages 6-13)</p> <p>1:30pm–2:45pm Int. Salsa</p> <p>4:30-5:30 pm American Dance Wheels</p> <p>9:00pm–2:30am Latin Night . March. 6th, 20th 9pm-2:30am</p> <p>Coming April 3rd 9th Anniversary special performances from Atrium dancers and professional Del Valley Salsa Teams!</p>

Stay on top of what's happening at the Atrium by joining our new mailing list!

Sign up today at:
www.atriumdance.com/list

All classes will be \$12

Zumba, Kickboxing, and Yoga \$7

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