

Tel: 973-625-7200
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February 2010

Studio Hours: Mon - Th: 1PM - 10PM
 Fri: 5:30PM - 10PM Sat: 10:45AM - 2:30PM

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



CORE RHYTHMS Live! Fitness Classes Wed. & Sat. 9 – 10 am

	1 Foundation & Newcomer Practice 7:00 & 7:45	2 Bronze III 7:45 Tango Bronze I 8:30 Cha Cha - Foxtrot	3 Foundation 7:00 Bronze II 7:45 Waltz	4 Silver I 4:00 Tango Bronze I 8:30 Mambo - Swing	5 Bronze IV 7:00 Viennese Waltz Foundation 7:45	6 Bronze I 11:30 Rumba – Hustle Adv. Theory 12:15 Argentine Tango
7	8 Silver I 7:45 Waltz Bronze II 8:30 Tango	9 Bronze I 7:45 Samba – Bachata Foundation 8:30	10 Bronze III 7:45 Salsa Bronze IV 8:30 WC Swing	11 Silver I 4:00 Viennese Waltz Foundation 7:45	12 Bronze II 8:30 Swing Practice Session 9:15	13 Bronze I 11:30 Merengue – Salsa Foundation 12:15
14	15 Foundation & Newcomer Practice 7:00 & 7:45	16 Bronze IV 7:45 Bolero Bronze I 8:30 Samba - Foxtrot	17 Foundation 7:45 Bronze II 8:30 Rumba	18 Silver I 4:00 Mambo Bronze II 8:30 WC Swing	19 Bronze III 7:00 Samba Bronze I 7:45 Hustle - Rumba	20 Foundation 11:30 Adv. Theory 12:15 Argentine Tango
21	22 Foundation 7:45 Silver I 8:30 Foxtrot	23 Bronze I 7:00 Rumba – Swing Bronze III 7:45 Swing	24 Bronze II 7:45 Cha Cha Foundation 8:30	25 Silver I 4:00 Rumba Bronze IV 7:45 Foxtrot	26 Bronze I 8:30 Salsa – Waltz Practice Session 9:15	27 Foundation 11:30 Bronze II 12 :15 Tango
28	March 6-7 – NJ Classic – Madison Hotel March 24-28 – World Dance O Rama – Manhattan April 30 – Team Match - Roxbury					