

CAPE COD DANCE CENTER

AUGUST 2010



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 AM Pilates 8:15-9:15 Ballet 2 4-5 Ballet 4B 5-6:30 Pointes 6:30-7 Ballroom Beg. 7:15-8:15 Ballroom Inter/Adv. 8:15-9:15	3 AM Hatha Yoga 9:15-10:30am Ballet/Tap 4-5 Lyric/Jazz/Tap: 5-6:30 Ballet 6 5-6:30 Teen Lyrical 6:30-7:15; Teen Jazz 7:15-8:15	4 AM Pilates 8:15-9:15 Ballet 1:4 to 5 Ballet 4:4-5:30 Ballet 5/6:5:30-7 Contemporary dance(teen): 7-8 Ballroom Inter. 8-9	5 Pre-Ballet 3:45-4 Ballet/Tap: 4-5 Hip Hop(kids)5-6 Lyrical/jazz/tap 6-7:30 Adult Ballet 6-7pm Adult Contemp 7-8	6 AM Hatha Yoga 9:15-10:30am	7 Tai Chi 8-8:45 Ballet 5/6: 9:30-11
8 Yoga & Meditation 10-11:30am 6 weeks series	9 AM Pilates 8:15-9:15 Ballet 2 4-5 Ballet 4B 5-6:30 Pointes 6:30-7 Ballroom Beg. 7:15-8:15 Ballroom Inter/Adv. 8:15-9:15	10 AM Hatha Yoga 9:15-10:30am Ballet/Tap 4-5 Lyric/Jazz/Tap: 5-6:30 Ballet 6 5-6:30 Teen Lyrical 6:30-7:15; Teen Jazz 7:15-8:15	11 AM Pilates 8:15-9:15 Ballet 1:4 to 5 Ballet 4:4-5:30 Ballet 5/6:5:30-7 Contemporary dance(teen): 7-8 Ballroom Inter. 8-9	12 Pre-Ballet 3:45-4 Ballet/Tap: 4-5 Hip Hop(kids)5-6 Lyrical/jazz/tap 6-7:30 Adult Ballet 6-7pm Adult Contemp 7-8	13 AM Hatha Yoga 9:15-10:30am	14 Tai Chi 8-8:45 Ballet 5/6: 9:30-11
CHILDREN'S NUTCRACKER PREPARATION INTENSIVE (AUG. 10-12, 10AM-2PM)						
15 Yoga & Meditation 10-11:30am 6 weeks series	16 AM Pilates 8:15-9:15 Ballet 2 4-5 Ballet 4B 5-6:30 Pointes 6:30-7 Ballroom Beg. 7:15-8:15 Ballroom Inter/Adv. 8:15-9:15	17 AM Hatha Yoga 9:15-10:30am Ballet/Tap 4-5 Lyric/Jazz/Tap: 5-6:30 Ballet 6 5-6:30 Teen Lyrical 6:30-7:15; Teen Jazz 7:15-8:15	18 AM Pilates 8:15-9:15 Ballet 1:4 to 5 Ballet 4:4-5:30 Ballet 5/6:5:30-7 Contemporary dance(teen): 7-8 Ballroom Inter. 8-9	19 Pre-Ballet 3:45-4 Ballet/Tap: 4-5 Hip Hop(kids)5-6 Lyrical/jazz/tap 6-7:30 Adult Ballet 6-7pm Adult Contemp 7-8	20 AM Hatha Yoga 9:15-10:30am	21 Tai Chi 8-8:45 Ballet 5/6: 9:30-11
SUMMER CHOREOGRAPHY PROJECT 2010 CATAUMET (CCDC) FRI. 7PM CHATHAM (STUDIO 878) SAT. 7PM						
22	23 AM Pilates 8:15-9:15	24 AM Hatha Yoga 9:15-10:30am	25 AM Pilates 8:15-9:15 Ballroom Inter. 8-9	26	27 AM Hatha Yoga 9:15-10:30am	28 Tai Chi 8-8:45
REGISTRATION DAY FRI & SAT 11AM-1PM						