

CAPE COD DANCE CENTER

JANUARY 2010



SUN	MON	TUE	WED	THU	FRI	SAT
3 Tibetan Heart Yoga 9:30-11am	4 AM Pilates 8:15-9:15/ 9:15-10:15 Bring A Friend to Dance All Week	5 AM Hatha Yoga 9:15-10:15 Teen Hip Hop 3-4 Ballet/Tap 4:15-5:15 Lyric/Jazz/Tap: 5:15-6:45 Teen Lyrical 6:45-7:30; Teen Jazz 7:30-8:15	6 AM Pilates 8:15-9:15 Ballet 5/6 5-6:30	7 AM Yoga/Pilates 7:45-8:45 Ballet/Tap: 4-5 Ballet/Tap 5-6 Hip Hop 6-6:45	8 AM Pilates 9:15-10:15am	9 Open House 10-12PM
10 Tibetan Heart Yoga 9:30-11am	11 AM Pilates 8:15-9:15 Ballet 2 4-5 Ballet 4A 4-5 Ballet 4B 5-6:30 Pointes 6:30-7	12 AM Hatha Yoga 9:15-10:15 Teen Hip Hop 3-4 Ballet 3 4-5 Ballet/Tap 4:15-5:15 Lyric/Jazz/Tap: 5:15-6:45 Ballet 6 5-6:45 Teen Lyrical 6:45-7:30; Teen Jazz 7:30-8:15	13 AM Pilates 8:15-9:15 PM Pilates 3:30-4:30 Ballet 5:4:30-6 Ballet 4: 4:15-5:30 Ballet 6:6-7:30	14 AM Yoga/Pilates 7:45-8:45 Pre-ballet3:15-4 Ballet 1 4-5 Ballet/Tap: 4-5 Ballet/Tap 5-6 Ballet 3 5-6 Hip Hop 6-6:45 Lyric/Jazz/Tap 6:45-8:15 Adult Ballet 6-7 Adult Contemp. 7-8 Adult Hip Hop 8-8:45	15 AM Pilates 9:15-10:15am Ballet 4 4-5:30 Ballet 4 Pointe 5:30-6 Ballet 5 5:30-7	16 Tai Chi 8-8:45 Tot Tumble 10-10:45 Ballet 1 10-11 Hip Hop 11-12 Pre-Ballet 11-11:45 Acrobatics 12-1 Ballet 5/6 1-3 Adult Tap 1-2
17 Tibetan Heart Yoga 9:30-11am Dancemeditation Workshop with Dunya I to 4pm	18 AM Pilates 8:15-9:15 Ballet 2 4-5 Ballet 4A 4-5 Ballet 4B 5-6:30 Pointes 6:30-7 Ballroom Beg. 7:15-8:15 Ballroom Inter/Adv.8:15-9:15	19 AM Hatha Yoga 9:15-10:15 Teen Hip Hop 3-4 Ballet 3 4-5 Ballet/Tap 4:15-5:15 Lyric/Jazz/Tap: 5:15-6:45 Ballet 6 5-6:45 Teen Lyrical 6:45-7:30; Teen Jazz 7:30-8:15	20 AM Pilates 8:15-9:15 PM Pilates 3:30-4:30 Ballet 5:4:30-6 Ballet 4: 4:15-5:30 Ballet 6:6-7:30 Ballroom Inter. 8-9	21 AM Yoga/Pilates 7:45-8:45 Pre-ballet3:15-4 Ballet 1 4-5 Ballet/Tap: 4-5 Ballet/Tap 5-6 Ballet 3 5-6 Hip Hop 6-6:45 Lyric/Jazz/Tap 6:45-8:15 Adult Ballet 6-7 Adult Contemp. 7-8 Adult Hip Hop 8-8:45	22 AM Pilates 9:15-10:15am Ballet 4 4-5:30 Ballet 4 Pointe 5:30-6 Ballet 5 5:30-7	23 Tai Chi 8-8:45 Tot Tumble 10-10:45 Ballet 1 10-11 Hip Hop 11-12 Pre-Ballet 11-11:45 Acrobatics 12-1 Ballet 5/6 1-3 Adult Tap 1-2 Private Party 7-9
24 Tibetan Heart Yoga 9:30-11am Master Classes: International Foxtrot 2-3 Argentine Tango 4-5	25 AM Pilates 8:15-9:15 Ballet 2 4-5 Ballet 4A 4-5 Ballet 4B 5-6:30 Pointes 6:30-7 Ballroom Beg. 7:15-8:15 Ballroom Inter/Adv.8:15-9:15	26 AM Hatha Yoga 9:15-10:15 Teen Hip Hop 3-4 Ballet 3 4-5 Ballet/Tap 4:15-5:15 Lyric/Jazz/Tap: 5:15-6:45 Ballet 6 5-6:45 Teen Lyrical 6:45-7:30; Teen Jazz 7:30-8:15	27 AM Pilates 8:15-9:15 PM Pilates 3:30-4:30 Ballet 5:4:30-6 Ballet 4: 4:15-5:30 Ballet 6:6-7:30 Ballroom Inter. 8-9	28 AM Yoga/Pilates 7:45-8:45 Pre-ballet3:15-4 Ballet 1 4-5 Ballet/Tap: 4-5 Ballet/Tap 5-6 Ballet 3 5-6 Hip Hop 6-6:45 Lyric/Jazz/Tap 6:45-8:15 Adult Ballet 6-7 Adult Contemp. 7-8 Adult Hip Hop 8-8:45	29 AM Pilates 9:15-10:15am Ballet 4 4-5:30 Ballet 4 Pointe 5:30-6 Ballet 5 5:30-7	30 Tai Chi 8-8:45 Tot Tumble 10-10:45 Ballet 1 10-11 Hip Hop 11-12 Pre-Ballet 11-11:45 Acrobatics 12-1 Ballet 5/6 1-3, Tap 1-2 Flamenco Workshop Fri. 7 to 8:30 pm & Sat 3 to 4:30 pm; Castanet class 2 to 3 pm.