

LA VIE DANCE & CULTURE
MARCH 2018 REGULAR CLASS SCHEDULE

SUNDAY CLASSES			
7:00pm – 8:00pm	Tango Fundamentals	Radi Shafie & Oldřiška Prokopová	\$15
8:30pm – 11:30pm	Tango Practica	Tango en Flor (except last Sunday)	\$10
MONDAY			
5:30pm – 6:30pm	KIDS Capoeira	Capoeira Luanda	\$15
7:00pm – 8:00pm	Flamenco Beg / Int (ages 12+)	Flamenco Sur	Please inquire
TUESDAY			
5:30pm – 7:00pm	Ballet Folklorico	DanzArts.org	Please inquire
WEDNESDAY			
5:30pm – 6:30pm	KIDS Capoeira	Capoeira Luanda	\$15 / Membership
6:30pm – 7:30pm	Latin Fusion Cardio	Cybele Peña	\$15
7:30pm – 8:30pm	Soca Cardio Fusion	Angie Machele	\$10 - \$15
THURSDAY			
8:00am – 9:00am	ZUMBA	Lisa Meehan	\$10-\$15
5:30pm – 6:45pm	Kids World Dance	Cybele Pena	\$15 / package
7:00pm – 8:00pm	SAMBA Fundamentals (int)	Renata Secco	\$15 / package
FRIDAY			
5:30pm – 7:30pm	Children's Ballet Folklorico	DanzArts.org	Please inquire
SATURDAY CLASSES			
9:00am - 10:00am	ZUMBA	Lisa Meehan	\$10-\$15
WORKSHOPS / EVENTS			
Sunday Mar 4 th 10:00am – 11:00am	Family Yoga & Mindful Movement Workshop	Rebecca Villa with live music!	\$15 per family
Tuesday Mar 6 th 6:30pm – 7:30pm	Ignite the Warrior - Yoga Flow Workshop	Inspired by Tanya	\$12 - \$15
Thursday Mar 8 th 8pm – 11pm	Bombshells & Bowties at Gossip Grill in Hillcrest	Dwan Productions / La Vie	\$5
Saturday Mar 10 th 4pm – 6pm	Master Samba Workshop With Aninha Malandro	Renata Secco	Please inquire
Sunday Mar 11 th 2pm – 5pm	Chitter, Chatter, Sip & Splatter Painting / Art Workshop	Neda	\$30
Tuesday Mar 13 th 7pm – 8pm	ZUMBA	Lisa Meehan	\$15
Sunday, Mar 18 th 2pm – 3:30pm	Latin Fusion Cardio Dance Workshop Fundraiser	Cybele Pena & Sheba Candor	\$15-\$20
Tuesday Mar 20 th 6:30pm – 7:30pm	Self-Restoration Gentle Yoga Flow Workshop	Inspired by Tanya	\$12 - \$15
Tuesday Mar 13 th 7pm – 8pm	ZUMBA	Lisa Meehan	\$15
Friday Mar 30 th 7:30pm – 9:30pm	Bite Your Lip Burlesque Workshop	Dwan Productions	\$30
Saturday Mar 31 st 10:30am – 11:30am	Balasana and Brunch Yoga Workshop	Jen Johnson	\$15

FOR MORE INFO VISIT: www.lavie.dance

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