

# LA VIE DANCE & CULTURE

## JANUARY 2023 OPEN CLASS SCHEDULE

**■** = kids classes

MONDAY	CLASS	INSTRUCTOR - IG	COST
9:00am – 10:00am	Beginner Ballet (2)	Darren Oei @dandadance	\$15 (2 for \$25)
10:00am – 11:00am	Beginner Jazz Funk (2)	Anthony Rodriguez @dandadance	\$15 (2 for \$25)
4:00pm – 5:00pm	Capoeira Kids (2)	Capoeira Luanda – Massape @capoeiraluandasd	MEMBERSHIP
7:00pm – 8:00pm	SAMBA Fundamentals / Beg (2)	Renata Secco @renata.secco	\$15
8:00pm – 9:00pm	SAMBA Int / Adv (2)	Renata Secco @renata.secco	\$15
7:00pm – 8:00pm	Floor Work w / Heels (1) Beg	Jane @dance.mode_	\$15
8:00pm – 9:00pm	Floor Work w / Heels (1) Int	Jane @dance.mode_	\$15
TUESDAY	CLASS	INSTRUCTOR - IG	COST
9:00am -n 10:00am	Ballet Beg (2)	Darren Oei @dandadance	\$15 (2 for \$25)
10:00am – 11:00am	Hip Hop Beg / Int (2)	Darren Oei @dandadance	\$15 (2 for \$25)
3:45 pm – 4:30pm	Hop Hop (ages 5 - 7) (1)	SD Danceworks (619) 719.8586	Contact
4:40 pm – 5:40pm	Hop Hop (ages 8 - 12) (1)	SD Danceworks (619) 719.8586	Contact
5:45 pm – 6:45pm	Hop Hop (ages 12+) (1)	SD Danceworks (619) 719.8586	Contact
7:00pm – 8:00pm	Hip Hop Int (2)	Anthony Rodriguez / DANDA @dandadance	\$15
7:00pm – 8:00pm	ZOUK Beg / Int (1)	Yana y Bruno @brunnoandyana	\$15
8:00pm – 9:00pm	ZOUK Adv (1)	Yana y Bruno @brunnoandyana	\$15
8:00pm – 9:00pm	Cardio Hip Hop / Contemporary / Jazz / Funk – EACH WEEK VARIES (2)	Anthony Rodriguez DANDA @dandadance	\$15 (2 for \$25)
WEDNESDAY	CLASS	INSTRUCTOR - IG	COST
9:00am – 10:00am	Cardio Hip Hop Beg / Int / Adv (2)	Anthony Rodriguez @dandadance	\$15 (2 for \$25)
10:00am – 11:00am	Burlesque / Heels Beg / Int (2)	Darren Oei @dandadance	\$15 (2 for \$25)
4:00pm – 4:45pm	Capoeira Kids 3-6 yrs (2)	Capoeira Luanda – Massape @capoeiraluandasd	MEMBERSHIP
5:00pm – 6:00pm	Capoeira Kids 7-12 yrs (2)	Capoeira Luanda – Massape @capoeiraluandasd	MEMBERSHIP
6:15pm – 7:30pm	Capoeira Adults (2)	Capoeira Luanda – Massape @capoeiraluandasd	MEMBERSHIP
7:00pm – 10:00pm	ZOUK Progressive Course (1)	Richele Marie @richel_marie	contact

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 Tel: (619) 560.6281 IG: @lavidance

THURSDAY	CLASS	INSTRUCTOR - IG	COST
3:45 pm – 4:30pm	Contemporary (ages 5-8 yrs)	SD Danceworks (619) 719.8586	Contact
4:40 pm – 5:40pm	Contemporary (ages 12+)	SD Danceworks (619) 719.8586	Contact
5:00pm – 7:00pm	K POP Ages 8 and up (1)	Chevelle CTRL.ALT.SD @ctrlaltsd	\$5
6:00pm – 7:00pm	Stretching Class (2)	Maria @stretch_me_mary	\$15
7:00pm – 10:00pm	ZOUK Progressive Course (1)	Richele Marie @richel_marie	contact
7:45pm – 9:00pm	Capoeira Adults (2)	Capoeira Luanda – Massape @capoeiraluandasd	MEMBERSHIP
FRIDAY	CLASS	INSTRUCTOR -IG	COST
9:00am – 10:00am	Cardio Hip Hop Beg /Int/Adv (2)	Anthony Rodriguez @dandadance	\$15 (2 for \$25)
10:00am – 11:00am	Burlesque Beg (2)	Darren Oei @dandadance	\$15 (2 for \$25)
7:00pm – 8:30pm	Tango Beg / Int (1)	Fulya & Ozzy @tangoinsandiego	\$25
8:30pm – 1:00am	Tango Milonga (2)	Tango Sin Nombre, America @MilongaSinNombre	\$15
SATURDAY	CLASS	INSTRUCTOR - IG	COST
9:00am – 10:00am	Cardio Hip Hop Beg / Int / Adv (2)	Anthony Rodriguez @dandadance	\$15 (2 for \$25)
10:00am – 11:00am	Contemporary Beg (2)	Anthony Rodriguez @dandadance	\$15 (2 for \$25)
11:00pm – 12:00pm	Egyptian Style Belly Dance Beg (2)	Lucia Herlinda @caiolucy	\$15
12:30pm – 2:00pm	Egyptian Style Belly Dance Int/Adv (2)	Lucia Herlinda @caiolucy	\$15
SUNDAY	CLASS	INSTRUCTOR - IG	COST
10:00am - 11:00am	Capoeira Kids (2)	Capoeira Luanda – Massape @capoeiraluandasd	MEMBERSHIP
11:20am – 1:00pm	Capoeira Adults (2)	Capoeira Luanda – Massape @capoeiraluandasd	MEMBERSHIP
4:00pm – 5:00pm	Tango Class Beg / Int (1)	Fulya & Ozzy @tangoinsandiego	\$20
5:00pm – 7:00pm	Tango Practica (2)	Fulya & Ozzy @tangoinsandiego	\$20
6:00pm – 8:00pm	SALSA Casino Beg / Int / Adv (1)	Steve Campbell @timbasd	\$10
8:30pm – 9:30pm	Heels with Saucy Beg/Int (1)	Saucy @divinelettos	\$15

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