






# January 2026



SUNDAY	MONDAY	<b>NEW</b> TUESDAY	<b>NEW</b> WEDNESDAY	<b>NEW</b> THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7 <ul style="list-style-type: none"> <li>6 PM Salsa LS from Zero</li> <li>7 PM BD from Zero</li> </ul>	8 <ul style="list-style-type: none"> <li>6 PM LS Beginners</li> <li>7 PM LS Fundamentals</li> <li>8 PM LS Intermediate</li> </ul> Rescheduled to 18.01	9 <ul style="list-style-type: none"> <li>6 PM BD Fund. I</li> <li>7 PM BD Beginners</li> </ul>	10 <b><del>FUN CLASSES LAUNCH DAY</del></b> <ul style="list-style-type: none"> <li><del>11 AM BD FUN CLASS</del></li> <li><del>12:15 PM FUN CLASS LATIN MOVES</del></li> </ul> Rescheduled to 24.01
11	12 <ul style="list-style-type: none"> <li>6 PM BD Int/Adv (A)</li> <li>7 PM BD Fund II.</li> <li>8 PM BD Int/Adv (B)</li> </ul>	13 <ul style="list-style-type: none"> <li>6 PM Private Lessons</li> <li>7 PM Private Lessons</li> </ul>	14 <ul style="list-style-type: none"> <li>6 PM Salsa LS from Zero</li> <li>7 PM BD from Zero</li> </ul>	15 <ul style="list-style-type: none"> <li>6 PM LS Beginners</li> <li>7 PM LS Fundamentals</li> <li>8 PM LS Intermediate</li> </ul>	16 <ul style="list-style-type: none"> <li>6 PM BD Fund. I</li> <li>7 PM BD Beginners</li> </ul>	17
18 <ul style="list-style-type: none"> <li>11 PM LS Beginners &amp; Fundamentals</li> <li>12 PM LS Intermediate</li> </ul>	19 <ul style="list-style-type: none"> <li>6 PM BD Int/Adv (A)</li> <li>7 PM BD Fund II.</li> <li>8 PM BD Int/Adv (B)</li> </ul>	20 <ul style="list-style-type: none"> <li>6 PM Private Lessons</li> <li>7 PM Private Lessons</li> </ul>	21 <ul style="list-style-type: none"> <li>6 PM Salsa LS from Zero</li> <li>7 PM BD from Zero</li> </ul>	22 <ul style="list-style-type: none"> <li>6 PM LS Beginners</li> <li>7 PM LS Fundamentals</li> <li>8 PM LS Intermediate</li> </ul>	23 <ul style="list-style-type: none"> <li>6 PM BD Fund. I</li> <li>7 PM BD Beginners</li> </ul>	24 <b>FUN CLASSES LAUNCH DAY 24</b> <ul style="list-style-type: none"> <li>11 AM BD FUN CLASS</li> <li>12:15 PM FUN CLASS LATIN MOVES</li> </ul> 
25	26 <ul style="list-style-type: none"> <li>6 PM BD Int/Adv (A)</li> <li>7 PM BD Fund II.</li> <li>8 PM BD Int/Adv (B)</li> </ul>	27 <ul style="list-style-type: none"> <li>6 PM Private Lessons</li> <li>7 PM Private Lessons</li> <li>8 PM Fun Latin Moves Class</li> </ul>	28 <ul style="list-style-type: none"> <li>6 PM Salsa LS from Zero</li> <li>7 PM BD from Zero</li> <li>8 PM Fun BD class</li> </ul>	29 <ul style="list-style-type: none"> <li>6 PM LS Beginners</li> <li>7 PM LS Fundamentals</li> <li>8 PM LS Intermediate</li> </ul>	30 <ul style="list-style-type: none"> <li>6 PM BD Fund. I</li> <li>7 PM BD Beginners</li> </ul>	31 <b>FREE OPEN DAY KIDS</b> <ul style="list-style-type: none"> <li>11 AM BALLET FOR KIDS (AGES 5-7)</li> <li>12 PM BALLET FOR KIDS (AGES 8-10)</li> </ul> 

# February 2026



SUNDAY	MONDAY	<b>NEW</b> TUESDAY	<b>NEW</b> WEDNESDAY	<b>NEW</b> THURSDAY	FRIDAY	SATURDAY
						31
1	2	3 <ul style="list-style-type: none"> <li>3 PM Ballet Kids from 5 to 7</li> <li>4 PM Ballet Kids from 8 to 10</li> <li>6 PM Private Lessons</li> <li>7 PM Private Lessons</li> <li>8 PM Fun Latin Moves Class</li> </ul>	4 <ul style="list-style-type: none"> <li>6 PM Salsa LS from Zero</li> <li>7 PM BD from Zero</li> <li>9 PM Ballte for Beginners (with Mica)</li> </ul>	5 <ul style="list-style-type: none"> <li>3 PM Ballet Kids from 5 to 7</li> <li>4 PM Ballet Kids from 8 to 10</li> <li>6 PM LS Beginners</li> <li>7 PM LS Fundamentals</li> <li>8 PM LS Intermediate</li> </ul>	6 <ul style="list-style-type: none"> <li>6 PM BD Fund. I</li> <li>7 PM BD Beginners</li> </ul>	 <b>LIVE TABLA</b> 7 <ul style="list-style-type: none"> <li>11 AM Beginners</li> <li>12 - 2 PM Intermediate</li> <li>8 PM Hafla (Women Only Party)</li> </ul>
 <b>BACHATA DOMINICANA WITH THERESA</b> 8 <ul style="list-style-type: none"> <li>11 AM Fundamentals (Open Level)</li> <li>12 PM Choreo Class (Open Level)</li> </ul>	9 <ul style="list-style-type: none"> <li>6 PM BD Int/Adv (A)</li> <li>7 PM BD Fund II.</li> <li>8 PM BD Int/Adv (B)</li> </ul>	10 <ul style="list-style-type: none"> <li>3 PM Ballet Kids from 5 to 7</li> <li>4 PM Ballet Kids from 8 to 10</li> <li>6 PM Private Lessons</li> <li>7 PM Private Lessons</li> <li>8 PM Fun Latin Moves Class</li> </ul>	11 <ul style="list-style-type: none"> <li>6 PM Salsa LS from Zero</li> <li>7 PM BD from Zero</li> <li>8 PM Fun BD class</li> <li>9 PM Ballte for Beginners (with Mica)</li> </ul>	12 <ul style="list-style-type: none"> <li>3 PM Ballet Kids from 5 to 7</li> <li>4 PM Ballet Kids from 8 to 10</li> <li>6 PM LS Beginners</li> <li>7 PM LS Fundamentals</li> <li>8 PM LS Intermediate</li> </ul>	13 <ul style="list-style-type: none"> <li>6 PM BD Fund. I</li> <li>7 PM BD Beginners</li> </ul>	14
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## LEVELS & CLASS CONCEPTS

- **From Zero:** For absolute beginners with no previous dance experience. We start from the very basics: posture, coordination, rhythm, and fundamental movements.
- **Beginner:** For students who already completed From Zero or have some basic dance experience. Focus on building consistency, cleaner technique, and basic combinations.
- **Intermediate:** For students with solid basics who want to develop technique, coordination, and musical understanding.
- **Advanced:** For experienced dancers focusing on precision, musicality, dynamics, and performance quality.
- **Open Level:** Suitable for all levels. Variations and adaptations are offered so everyone can follow comfortably.
- **Private Lessons:** You can book a private lesson on our website. Once your booking is completed, you can select the time that suits you best. Lessons may also be available on days other than Tuesday, depending on availability.

## ABBREVIATIONS & CLASS TYPES

- **BD = Belly Dance:** Oriental dance classes focusing on technique, musicality, and expression.
- **LS = Lady Style (Salsa On2):** Salsa On2 classes designed for women, focusing on body movement, styling, and confidence.
- **Int / Adv = Intermediate & Advanced:** Classes for intermediate and advanced students. *(A & B are the same course, only offered at different time schedules.)*
- **WS = Workshops**

## TECHNIQUE CLASSES

- **Fund = Fundamentals** (Technique Classes)
- **Fund I = Fundamentals I** (Beginner Technique) Technique classes for beginners.
- **Fund II = Fundamentals II** (Intermediate–Advanced Technique) Technique classes for intermediate to advanced students.

## SPECIAL CONCEPTS

- **Fun Classes:** Follow-the-lead concept: fewer explanations, more dancing, repetition, and enjoyment.