

# APRIL CLASS SCHEDULE

(Please consult our online schedule for any class cancellations or changes. Convenient class registration & payment at [www.downtowndancela.com](http://www.downtowndancela.com) under "Book A Class")

**Dance Arts**   **Dance Fitness**   **DDM KIDS!**   **Social Dance**   **World Dance**   **Yoga/Meditation**  
(For lunchtime yoga, please register online or call one hour ahead to tell us you're coming. Namaste!)

## MONDAY

6:30 - 7:30 pm **ZUMBA®!** Kayla Johnson  
6:30 - 7:30 pm **Re-Align Barre Workout** Michael Cornell\*  
7:30 - 9:00 pm **Align Ballet 4 Open Class** Michael Cornell\*  
7:30 - 8:30 pm **Argentine Tango Fundamentals** Carlos Barrionuevo & Mayte Valdes  
7:30 - 8:45 pm **Pop Soul** Knicole Haggins  
8:30 - 9:45 pm **Argentine Tango Int./Adv.** Carlos Barrionuevo & Mayte Valdes

## TUESDAY

6:30 - 7:30 pm **GROOV3** Faith Idemundia ♦  
6:30 - 7:30 pm **Re-Align Barre Workout** Zoe Keijser\*  
7:30 - 8:30 pm **Club Dance--Men's Edition (Men Only--  
March 28 - April 18)** Kiari Kirk  
7:30 - 8:30 pm **Salsa Level 1** Laura Canellias  
8:00 - 9:00 pm **Jazz Funk** Brooke Shepherd  
8:00 - 9:15 pm **Contemporary Dance Workshop (Int/Adv )**  
Leslie Duner (March 7 - April 18)  
8:30 - 9:30 pm **Salsa Level 2** Laura Canellias

## WEDNESDAY

4:00 - 5:00 pm **Sophie Dance Kids' Ballet & Hip Hop ages 5 - 7**  
Mr Juan ♦  
5:00 - 6:00 pm **Sophie Dance Kids' Hip Hop ages 8 - teen**  
Mr Juan ♦  
6:00 - 7:00 pm **Hip Hop** Sam Allen  
7:00 - 8:00 pm **Bollywood Bhangra Beats** Achinta McDaniel

## WEDNESDAY, cont.

7:30 - 8:30 pm **Align Ballet 2 Workshop** Cleo MaGill\*  
8:00 - 9:15 pm **Contemporary Dance All Levels (starts 4/12)**  
Neaz Kohani

## THURSDAY

12:30 - 1:30 pm **Lunchtime Yoga** Beverly O'Donohue  
6:30 - 7:30 pm **Re-Align Barre Workout** Michael Cornell\*  
7:30 - 8:30 pm **SexyFIT!** Nicole Rush  
7:30 - 9:00 pm **Align Ballet 4 Open Class** Michael Cornell\*

## FRIDAY

Reserved for rentals.

## SATURDAY

9:00 - 10:00 am **Align Ballet 1 Workshop** Zoe Keijser\*  
9:00 - 10:30 am **Align Ballet 4 Open Class** Michael Cornell\*  
9:30 - 10:30 am **Provocative Power Flow** Erika Straub  
10:00 - 10:40 am **KIDS Parent & Me Gymnastics** DaniBee ♦  
10:30 - 11:30 am **Hip Hop** Kenan Peters  
10:30 - 12:00 pm **Align Ballet 5 Open Class** Michael Cornell\*  
10:45 - 11:40 am **KIDS Gymnastics Ages 3 - 5** DaniBee ♦  
11:45 - 12:45 pm **KIDS Gymnastics Ages 6 - 10** DaniBee ♦  
11:30 - 1:00 pm **Jazz Dance Moves & More!** Delane Vaughn  
12:00 - 1:00 pm **Align Ballet Beginning Pointe** Grace Allison\*  
1:00 - 2:00 pm **Align Ballet Jumps & Turns** Bjarne Hecht\*

## SUNDAY

10:00 - 11:00 am **Align Ballet 1 Workshop** Zoe Keijser\*  
10:00 - 11:00 am **Meditation for Daily Stress** Stephanie Morell  
(Preview Classes 4/16 & 4/23. Class resumes in June)  
11:00 - 12:30 am **Align Ballet 4 Open Class** Bjarne Hecht\*  
12:30 - 1:30 pm **Align Ballet Beginning Pointe** Zoe Keijser\*  
1:00 - 2:00 pm **Straight Up Cardio Dance** Kim Blank  
5:30 - 7:30 pm **Chicago Steppin' (Except Third Sunday)**  
Terance Jones  
6:30 - 8:00 pm **Work-Week Start-Up Yoga Flow**  
Beverly O'Donohue

## SPECIAL EVENTS:

### SECOND SATURDAY OF EACH MONTH\*

(Except March--Third Saturday This Month)

9:00 pm - 2:00 am **DTLA MILONGA (Argentine Tango  
Dance Party) \$15 per person**

### THIRD SUNDAY OF EACH MONTH

5:30 - 6:30 pm **Chicago Steppin' Plus Dancing 'til 10**  
Terance Jones

♦ Register and pay directly with the instructor

\* For Align Ballet information and registration,  
go to [www.alignballetmethod.com](http://www.alignballetmethod.com)