

# MAY 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**   **Social Dance**   **World Dance**   **Yoga/Meditation**

## 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 Technique** 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 **Align Ballet Beg. Pointe Workshop** Zoe Keijser\*  
7:30 - 8:30 pm **Salsa Level 1** Laura Canellias  
8:00 - 9:00 pm **Jazz Funk** Brooke Shepherd  
8:30 - 9:30 pm **Salsa Level 2** Laura Canellias

## WEDNESDAY

6:00 - 7:00 pm **Hip Hop** Sam Allen  
7:00 - 8:00 pm **Bollywood Bhangra Beats** Achinta McDaniel  
7:30 - 8:30 pm **Align Ballet 2 Workshop** Cleo MaGill\*  
8:00 - 9:15 pm **Contemporary Dance All Levels** Neaz Kohani

## THURSDAY

6:00 - 7:00 pm **Straight-Up Cardio Dance** Kim Blank  
6:30 - 7:30 pm **Re-Align Barre Workout** Michael Cornell\*

## THURSDAY, cont.

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\*  
  
10:30 - 11:30 am **Hip Hop** Kenan Peters  
10:30 - 12:00 pm **Align Ballet 5 Open Class** Michael Cornell\*  
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\*  
11:00 - 12:30 am **Align Ballet 4 Open Class** Bjarne Hecht\*  
12:30 - 1:30 pm **Align Ballet Beginning Pointe** Zoe Keijser\*  
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\*

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)