



Making Magic One Step at a Time

1880 S. Grant Street, San Mateo, CA 94402

Conservatory of Dance Adult Class Schedule

Monday	5:30 - 6:30	Allaire Back Fitness
	6:00 - 7:30	Intermediate Ballet
	6:45 - 7:45	Beginning Tango with Daniel Singer
	7:30 - 8:30	Zumba® with Nathan Cottam
	7:30 - 8:45	Integrative Flow Yoga with Pattie Stafford
	8:00 - 9:00	Intermediate Tango with Daniel Singer
Tuesday	5:00 - 6:00	Folklorico with Norberto Martinez
	6:00 - 7:00	Hot Hula Fitness® with Pattie Stafford
	7:00 - 8:00	Jazz with Norberto Martinez
	7:00 - 8:15	Body Synergy Pilates & Yoga with Pattie Stafford
Wednesday	9:00 - 10:00	Gentle Morning Yoga with Pattie Stafford
	6:00 - 7:30	Intermediate Ballet
	7:00 - 8:00	Hip-Hop with Krystal Meraz
	7:15 - 8:30	Integrative Flow Yoga with Pattie Stafford
	7:30 - 8:30	Zumba® with Nathan Cottam
	7:30 - 8:30	Adult Pointe
Thursday	6:00 - 7:30	Intermediate Ballet
	6:00 - 7:15	Beginner's Flow Yoga with Pattie Stafford
	7:00 - 8:00	Beginning Ballroom with Daniel Singer
	7:30 - 8:45	Beginning Ballet
	7:30 - 8:45	Body Synergy Pilates & Yoga with Pattie Stafford
	8:00 - 9:00	Intermediate Ballroom with Daniel Singer
Friday	5:00 - 6:00	Folklorico with Norberto Martinez
	5:30 - 6:45	Integrative Flow Yoga with Pattie Stafford
	6:00 - 7:00	Jazz with Norberto Martinez
	6:00 - 7:30	Intermediate Ballet
	7:30 - 8:30	Zumba® with Terry Fang
Saturday	9:00 - 10:00	Zumba® with Nathan Cottam
	10:00 - 11:00	Gentle Morning Yoga with Pattie (must rsvp: butterflydanceyoga@gmail.com)
	10:00 - 11:00	Beginning Ballet
	11:00 - 12:30	Intermediate Ballet
	12:45 - 1:45	Adult Pointe
	12:30 - 1:30	Adult Tap with Allysa Bond

Drop-In (Payable by Cash or Check Only)

\$10 Zumba
\$15 Ballet, Pre-Pointe, Jazz, Hip-Hop, Folklorico
\$15 Allaire Fitness, Yoga, Pilates, Hula, Ballroom, Tango

Class Cards (Payable by Cash, Check or Credit Card)

\$60 Zumba for 10 classes
\$72 Ballroom & Tango for 6 classes
\$125 Ballet, Pre-Pointe, Jazz, Hip-Hop, Folklorico for 10 classes
\$100 Allaire Fitness for 10 classes
\$100 Yoga/Pilates/Hula for 10 classes

11/5/11