

iDance therefore i am

studios

February 2012

V.I.D. Monthly Membership
The "ALL ACCESS" Pass
 (Vancouver, Langley & PoCo)
\$99 per month for unlimited classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
7 – 8 am Dancer's Body Bootcamp		7 – 8 am Dancer's Body Bootcamp		7 – 8 am Dancer's Body Bootcamp				
10 – 11 am Dancer's Body Bootcamp	10 – 11 am Dancer's Body Bootcamp	10 – 11 am Dancer's Body Bootcamp	10 – 11 am Dancer's Body Bootcamp	10 – 11 am Dancer's Body Bootcamp	10 – 11 am iDance Ballet	10 – 11 am iDance Floor Barre		
11 – 12 pm iDance Jazz	11 – 12 pm iDance Yoga Dance	11 – 12 pm iDance Lyrical	11 – 12 pm iDance Pilates Abs	11 – 12 pm iDance Ballet Yoga	11 – 12 pm iDance Contemporary	11 – 12 pm iDance Bollywood		
iDance in Vancouver 260 E. 5 th Ave. @ Main St.					12 – 1 pm Dancer's Body Bootcamp	12 – 1 pm Dancer's Body Bootcamp		
					Reservations 604.872.1679		1 – 2 pm iDance Lyrical Hip Hop	1 – 2 pm iDance Broadway Jazz
					2 – 3 pm iDance Videography	2 – 3 pm iDance Burlesque		
5:15 – 6:15 pm Dancer's Body Bootcamp	5:15 – 6:15 pm iDance Hip Hop	5:15 – 6:15 pm iDance Jazz Tech	5:15 – 6:15 pm iDance Bhangra	5:15 – 6:15 pm Dancer's Body Bootcamp	Starts Sat, Jan 7 3 – 4 pm DANCE TEAM	WORKSHOPS <i>See website for details</i>		
6:15 – 7:15 pm iDance Ballet Barre	6:15 – 7:15 pm iDance Street Dance	6:15 – 7:15 pm Dancer's Body Bootcamp	6:15 – 7:15 pm iDance Cardio Salsa	6:15 – 7:15 pm iDance Hip Hop				
7:15 – 8:15 pm iDance Ballet	7:15 – 8:15 pm Dancer's Body Bootcamp	7:15 – 8:15 pm iDance Jazz	7:15 – 8:15 pm Dancer's Body Bootcamp	Studio available for private group dance parties!				
8:15 – 9:15 pm iDance Neo-Burlesque	8:15 – 9:15 pm iDance Pussycat Dolls	8:15 – 9:15 pm iDance Lyrical Jazz	8:15 – 9:15 pm iDance Bellydancing					

Schedule subject to change ~ please check website for current schedule and class descriptions

iDance in Langley
 4 – 6280 202 St.
 info@idance-studios.com

iDance in Vancouver
 260 E. 5th Ave.
 604.512.4622

iDance in Port Coquitlam
 607 – 1515 Broadway St.
 www.idance-studios.com

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V.I.D. Monthly Membership
The "VALLEY" Pass
 (Langley & PoCo)
\$59 per month for unlimited classes

February 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	10 am – 11 am Zumba		10 am – 11 am Dancer's Body Bootcamp		10 - 11 am Zumba	Closed
	11 am – 12 pm Jazz Funk		11 am – 12 pm Yoga Dance		11 - 12 pm Yoga Dance	
iDance in Langley				604.530.1679	12 - 1 pm Dancer's Body Bootcamp	
5:30 - 6:30 pm Dancer's Body Bootcamp	5:30 - 6:30 pm Floor Barre / Pilates	5:30 - 6:30 pm Dancer's Body Bootcamp	5:30 - 6:30 pm Zumba	5:30 - 6:30 pm Dancer's Body Bootcamp	1 - 2 pm Hip Hop	
6:30 - 7:30 pm Jazz	6:30 - 7:30 pm Dancer's Body Bootcamp	6:30 - 7:30 pm Pussycat Dolls	6:30 - 7:30 pm Dancer's Body Bootcamp	6:30 - 7:30 pm Burlesque	WORKSHOPS See website for details	
7:30 - 8:30 pm Lyrical	7:30 - 8:30 pm Ballet	7:30 - 8:30 pm Hip Hop	7:30 - 8:30 pm Belly Fit	7:30 - 8:30 pm Zumba		

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
iDance in Port Coquitlam				778.285.1679	10 - 11 am Dancer's Body Bootcamp	Closed
					11 - 12 pm Hip Hop	
5:30 - 6:30 pm Zumba	5:30 - 6:30 pm Zumba	5:30 - 6:30 pm Jazz	5:30 - 6:30 pm Hip Hop	5:30 - 6:30 pm Zumba	12 - 1 pm Zumba	
6:30 - 7:30 pm Hip Hop	6:30 - 7:30 pm Dancer's Body Bootcamp	6:30 - 7:30 pm Ballet	6:30 - 7:30 pm Dancer's Body Bootcamp	6:30 - 7:30 pm Street Jazz	WORKSHOPS See website for details	
7:30 - 8:30 pm Bellyfit	7:30 - 8:30 pm Pussycat Dolls	7:30 - 8:30 pm Zumba	7:30 - 8:30 pm Zumba	7:30 - 8:30 pm Hip Hop Cardio		

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