

# iDance studios

therefore i am

## August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 hour a day   2, 3 or 5 days per week   4 weeks			Sessions start on the 1 <sup>st</sup> Monday of every month			
7 – 8 am Dancer's Body Bootcamp						
1 hour a day   2, 3 or 5 days per week   4 weeks			Sessions start on the 1 <sup>st</sup> Monday of every month			10 – 11 am iDance Floor Barre (Caitlin Griffin)
10 – 11 am Dancer's Body Bootcamp						
11 – 12 pm iDance Musical Theatre (Christie Manning)	11 – 12 pm iDance Yoga Dance (Jane Scallon)	11 – 12 pm iDance Lyrical (Christie Manning)	11 – 12 pm iDance Pilates Abs & Stretch (Jane Scallon)		11 – 12 pm iDance Contemporary (Sasha Rochon)	11 – 12 pm iDance Burlesque (Melissa Robertson)
<b>Unlimited bootcamp &amp; drop-in dance classes - \$99 per month</b>  <i>VOID chq required for pre-authorized monthly payments</i>					12 – 1 pm iDance Bootcamp (Sasha Rochon)	12 – 1 pm iDance Bootcamp (Alice Howell)
					1 – 2 pm iDance Lyrical Hip Hop (Rae Fyhn)	1 – 2 pm iDance Bollywood (Alice Howell)
					2 – 3 pm iDance Videography (Rae Fyhn)	2 – 3 pm iDance Cardio Salsa (David Chacon)
1 hour a day   2, 3 or 5 days per week   4 weeks			Sessions start on the 1 <sup>st</sup> Monday of every month			<b>NEXT WORKSHOP</b>
5:15 – 6 pm Dancer's Body Bootcamp						<b>Sun, Aug 29</b> 3 – 4 pm Cheer Dance!
6 – 7 pm iDance Ballet (Caitlin Griffin)	6 – 7 pm iDance Jazz (Sasha Rochon)	6 – 7 pm iDance Hip Hop (Rae Fyhn)	6 – 7 pm iDance Cardio Salsa (David Chacon)	6 – 7 pm iDance Jazz Technique (Sasha Rochon)		
	7 – 8 pm iDance Pussycat Dolls (Nicole Chubb)		7 – 8 pm iDance Bellydancing (Maki)		<i>Studio available for private bookings! Perfect for birthdays and stagettes!</i>	

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

#3 – 302 West 2<sup>nd</sup> Avenue, Vancouver

info@idance-studios.com

604.512.4622

www.idance-studios.com

# iDance therefore i am studios

This schedule takes effect on  
Tuesday, September 7  
AFTER the long weekend

## September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sign-up for 2, 3 or 5 days per week!					<b>Starts Tue, Sep 7</b>	
7 – 8 am Dancer's Body Bootcamp						
Sign-up for 2, 3 or 5 days per week!					<b>Starts Tue, Sep 7</b>	
10 – 11 am Dancer's Body Bootcamp						10 – 11 am iDance Floor Barre (Caitlin Griffin)
11 – 12 pm iDance Musical Theatre	11 – 12 pm iDance Yoga Dance	11 – 12 pm iDance Lyrical	11 – 12 pm iDance Pilates Abs & Stretch	<b>Starts Fri, Sep 10</b> 11 – 12 pm iDance Ballet Yoga	11 – 12 pm iDance Contemporary (Sasha Rochon)	11 – 12 pm iDance Burlesque (Melissa Robertson)
<b>Unlimited bootcamp &amp; drop-in dance classes - \$99 per month</b>  <b>iDance Dance Team - \$50 per month</b>  <b>6-week progressive classes - \$72 per session</b> <i>Register before September 1 to avoid \$5 late registration fee</i>					12 – 1 pm iDance Bootcamp (Sasha Rochon)	12 – 1 pm iDance Bootcamp (Alice Howell)
					1 – 2 pm iDance Lyrical Hip Hop (Rae Fyhn)	1 – 2 pm iDance Bollywood (Alice Howell)
					2 – 3 pm iDance Videography (Rae Fyhn)	2 – 3 pm iDance Cardio Salsa (David Chacon)
					Sign-up for 2, 3 or 5 days per week!	
5:15 – 6 pm Dancer's Body Bootcamp					<b>3 – 4 pm</b> iDance Dance Team <i>See website for details</i>	
6 – 7 pm iDance Ballet	6 – 7 pm iDance Jazz	6 – 7 pm iDance Hip Hop	6 – 7 pm iDance Cardio Salsa	6 – 7 pm iDance Jazz Technique		
Sign-up for 2, 3 or 5 days per week!					<b>Starts Tue, Sep 7</b>	<b>Studio available for private bookings!</b> <b>Perfect for birthdays and stagettes!</b>
7 – 8 pm Dancer's Body Bootcamp						
Sep 13 – Oct 18 8 – 9 pm Neo Burlesque	8 – 9 pm iDance Pussycat Dolls	Sep 15 – Oct 20 8 – 9 pm Sexy Stiletto Fit	8 – 9 pm iDance Bellydancing	Sep 17 – Oct 22 8 – 9 pm Jumps & Turns		

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

#3 – 302 West 2<sup>nd</sup> Avenue, Vancouver

info@idance-studios.com

604.512.4622

www.idance-studios.com