



Fitness • Dance • Special Events • Community

Located just past Smart & Final. 999 Andersen Drive, Suite 170. San Rafael, CA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Available For Your Class Or Program!	<b>8am - 9am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>	Available For Your Class Or Program!	<b>8am - 9am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>	Available For Your Class Or Program!	Available For Your Class Or Program!	Available For Your Class Or Program!
<b>9am - 10am NIA CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a>	<b>9am - 10am NIA CARDIO DANCE</b> Cheryl King Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a>	<b>9am - 10am NIA CARDIO DANCE</b> Tanja Fanta Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>	<b>9am - 10am ZUMBINI for kids! Ages 0-4 Starts Aug 15</b> With Tani Peterson	<b>9am - 10am NIA CARDIO DANCE</b> Michell Kawaja Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>	<b>9am - 10am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>	<b>9am - 10am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>
Available For Your Class Or Program!	Available For Your Class Or Program!	<b>10am -11am BellyDance Fusion</b> "Shake Your Shakti" with Hannah Drop-in \$15	Available For Your Class Or Program!	<b>10am - 11am Cardio Yoga</b> Starts September! With Jeff McMullen	<b>10am - 10:30am Abada CAPOEIRÁ</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>10:00am -11am PILATES MAT</b> With Comedy! Anthony Durante Drop In: \$30
Available For Your Class Or Program!	<b>11am - 12p NIA CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a>	Available For Your Class Or Program!	<b>11am - 12p NIA CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a>	Available For Your Class Or Program!	<b>10:30a - 11:25am Abada CAPOEIRÁ</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>11a - 12pm NIA CARDIO DANCE</b> Sarah Caveney Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>
Available For Your Class Or Program!	<b>4:30pm - 5pm Abada CAPOEIRÁ</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a>	Available For Your Class Or Program!	<b>4:30pm - 5pm Abada CAPOEIRÁ</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>5:30pm-6:30pm NIA Cardio Dance</b> Tanja Fanta Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a>	<b>11:30am - 1pm Abada CAPOEIRÁ</b> Teen & Adult Program <a href="http://abadamarin.org">abadamarin.org</a>	Available For Your Class Or Program!
<b>6pm - 7pm NIA CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a>	<b>5:10pm-6:10pm Abada CAPOEIRÁ</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a>	Available For Your Class Or Program!	<b>5:10pm-6:10pm Abada CAPOEIRÁ</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>6:30-7:30pm Salsa Dance Troupe</b> Contact Edyita to join! <a href="mailto:Edytamat@hotmail.com">Edytamat@hotmail.com</a>	Available For Your Class Or Program!	Available For Your Class Or Program!
<b>7pm-8:30pm World Fusion Fitness</b> <a href="http://tikamorgandance.com">tikamorgandance.com</a>	<b>6:30pm - 8pm Abada CAPOEIRÁ</b> Teen & Adult Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>6:30pm - 8pm Yoga For Pain Relief</b> Starts September 4 With Julia Lorimer	<b>6:30pm - 8pm Abada CAPOEIRÁ</b> Teen & Adult Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>7:30pm-8:30pm Reggaeton Dance</b> Jenny Santos	Available For Your Class Or Program!	Available For Your Class Or Program!

Check online for details, updates and our very SPECIAL EVENTS!

Phone: 415-577-4621

- No membership fee. Just drop in
- Come take class whenever you choose
- All teachers are independent so please pay them directly
- Class discount cards available from teacher
- For details, click SCHEDULE tab on website and click on the class!
- Rent us for your class, workshop, special events

We are not a membership club

Just come try one of our great classes!  
999 Andersen Dr.  
across from Rafael Lumber