



Fitness • Dance • Yoga • Community

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

Current Ongoing Class Calendar (NOVEMBER 2018)

Always Confirm Classes Online | BodyVibeStudio.com

(AM classes in red. PM classes in blue)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Available For Your Class Or Program!	8am - 9am NIA CARDIO DANCE Deborah Walker Drop In: \$13	7:45am – 8:45am Yoga! With Kristina \$12 Drop-in	8am - 9am NIA CARDIO DANCE Deborah Walker Drop In: \$13	7:45am – 8:45am Yoga! With Kristina \$12 Drop-in	Available For Your Class Or Program!	Available For Your Class Or Program!
Available For Your Class Or Program!		9am - 10am NIA CARDIO DANCE Tanja Fanta Drop In: \$13	Starts Nov 1 10:30 -11:30am PILATES MAT Anthony Durante Drop In: \$30	9am - 10am NIA CARDIO DANCE Deborah Walker Drop In: \$13	9am - 10am NIA CARDIO DANCE Deborah Walker Drop In: \$13	9am - 10am NIA CARDIO DANCE Deborah Walker Drop In: \$13
	10:30am - 11:30am Tai Chi Qigong & Zhan Zhuang w/Aaron Irons Drop In: \$15	10am -11am Shake Your Shakti with Hannah 10am-11am • \$15	Available For Your Class Or Program!	10:30am - 11:30am Tai Chi Qigong & Zhan Zhuang w/Aaron Irons Drop In: \$15	10am – 10:30am Abada CAPOEIRA Toddler Program abadamarin.org	10:10am -11am PILATES MAT With Comedy! Anthony Durante Drop In: \$30
	4:30pm – 5pm Abada CAPOEIRA Toddler Program abadamarin.org	Available For Your Class Or Program!	4:30pm – 5pm Abada CAPOEIRA Toddler Program abadamarin.org	Available For Your Class Or Program!	10:30am – 11:25am Abada CAPOEIRA Youth Program abadamarin.org	11:45am -12:45pm ZUMBA With Tom Drop In: \$15
Available For Your Class Or Program!	5:10pm-6:10pm Abada CAPOEIRA Youth Program abadamarin.org	Available For Your Class Or Program!	5:10pm-6:10pm Abada CAPOEIRA Youth Program abadamarin.org	5:30pm-6:30pm NIA Cardio Dance Deborah Walker Drop In: \$13	11:30am – 1pm Abada CAPOEIRA Teen & Adult Program abadamarin.org	Available For Your Class Or Program!
6pm - 7pm Yoga! With Kristina \$12 Drop-in	6:30pm - 8pm Abada CAPOEIRA Teen & Adult Program abadamarin.org	6pm-9pm Ballroom Dance With Frank Flores Call: 415-308-5639 DanceWithFrank.com	6:30pm - 8pm Abada CAPOEIRA Teen & Adult Program abadamarin.org	Available For Your Class Or Program!	Available For Your Class Or Program!	Available For Your Class Or Program!
Available For Your Class Or Program	Available For Your Class Or Program	Ballroom Dance With Frank Flores 6:45-9pm Call: 415-308-5639 DanceWithFrank.com	Available For Your Class Or Program!	Available For Your Class Or Program!	Available For Your Class Or Program!	Available For Your Class Or Program!

Check online daily for details and updates!

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
- Drop In fees noted
- 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 event

We are not a membership club

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