

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Available For Your Class Or Program!</i>	8am - 9am NIA CARDIO DANCE Deborah Walker Drop In: \$18 Niamarin.com	<i>Available For Your Class Or Program!</i>	8am - 9am NIA CARDIO DANCE Deborah Walker Drop In: \$18 Niamarin.com	<i>Available For Your Class Or Program!</i>	<i>Available For Your Class Or Program!</i>	<i>Available For Your Class Or Program!</i>
9am - 10am NIA CARDIO DANCE Sarah Caveney Drop-In \$18 Niamarin.com	9am - 10am NIA CARDIO DANCE Cheryl King Drop-In \$18 Niamarin.com	9am - 10am NIA CARDIO DANCE Tanja Fanta Drop In: \$18 Niamarin.com	10am-10:50am ROLL IT OUT Foam Roller Class Sue Herbertson Drop-In: \$20	9am - 10am NIA CARDIO DANCE Deborah Walker Drop In: \$18 Niamarin.com	9am - 10am NIA CARDIO DANCE Deborah Walker Drop In: \$18 Niamarin.com	9am - 10am NIA CARDIO DANCE Deborah Walker Drop In: \$18 Niamarin.com
<i>Available For Your Class Or Program!</i>	<i>Available For Your Class Or Program!</i>	10am - 11am BellyDance Fusion "Shake Your Shakti" with Hannah Drop-in \$15	<i>Available For Your Class Or Program!</i>	10am - 11am Cardio Yoga Jeff McMullen Drop-In \$15 Cardioyoga.com	10am - 10:30am Abada CAPOEIRÁ Toddler Program abadamarin.org	10:00am - 11am PILATES MAT With Comedy! Anthony Durante Drop In: \$30
<i>Available For Your Class Or Program!</i>	11am - 12p NIA CARDIO DANCE Sarah Caveney Drop-In \$18 Niamarin.com	<i>Available For Your Class Or Program!</i>	11am - 12p NIA CARDIO DANCE Sarah Caveney Drop-In \$18 Niamarin.com	11am - 12pm NIA CARDIO DANCE Michell Kawaja Drop In: \$18 Niamarin.com	10:30a - 11:25am Abada CAPOEIRÁ Youth Program abadamarin.org	11am - 12pm NIA CARDIO DANCE Sarah Caveney Drop In: \$18 Niamarin.com
<i>Available For Your Class Or Program!</i>	4:30pm - 5pm Abada CAPOEIRÁ Toddler Program abadamarin.org	<i>Available For Your Class Or Program!</i>	4:30pm - 5pm Abada CAPOEIRÁ Toddler Program abadamarin.org	5:30pm - 6:30pm NIA Cardio Dance Tanja Fanta Drop In: \$18 Niamarin.com	11:30am - 1pm Abada CAPOEIRÁ Teen & Adult Program abadamarin.org	<i>Available For Your Class Or Program!</i>
6pm - 7pm NIA CARDIO DANCE Sarah Caveney Drop-In \$18 Niamarin.com	5:10pm - 6:10pm Abada CAPOEIRÁ Youth Program abadamarin.org	5:30 - 6:15pm NIA commUNITY 45-min CARDIO STARTS OCT 2 Kim Fahlen & Friends Special \$7 Class! Oct 2 - Dec 31	5:10pm - 6:10pm Abada CAPOEIRÁ Youth Program abadamarin.org	6:30pm - 7:30pm Salsa Dance Troupe Contact Edyta to join! Edytmamat@hotmail.com	<i>Available For Your Class Or Program!</i>	<i>Available For Your Class Or Program!</i>
7pm - 8:30pm World Fusion Fitness tikamorgandance.com	6:30pm - 8pm Abada CAPOEIRÁ Teen & Adult Program abadamarin.org	6:30pm - 8pm Yoga Pain Relief With Julia Lorimer marinyoga.org	6:30pm - 8pm Abada CAPOEIRÁ Teen & Adult Program abadamarin.org	8:00pm - 9:00pm Reggaeton Dance Jenny Santos	<i>Available For Your Class Or Program!</i>	<i>Available For Your Class Or Program!</i>

Check online for details, updates & upcoming SPECIAL EVENTS

Questions:
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!

Today is a great day to start!