



Fitness • Dance • Community

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

Current Ongoing Class Calendar (OCTOBER 2018)

Always Confirm Classes Online | [BodyVibeStudio.com](http://BodyVibeStudio.com)

(AM classes in red. PM classes in blue)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>8am - 9am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$13	Available For Your Class Or Program!	<b>8am - 9am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$13	Available For Your Class Or Program!!	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> Tanja Fanta Drop In: \$13	Available For Your Class Or Program!	<b>9am - 10am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$13	<b>9am - 10am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$13	<b>9am - 10am NIA CARDIO DANCE</b> Deborah Walker Drop In: \$13
Available For Your Class Or Program!	Available For Your Class Or Program!	<b>10am -11am Shake Your Shakti</b> with Hannah 10am-11am • \$15	Available For Your Class Or Program!	Available For Your Class Or Program!	<b>10am – 10:30am Abada CAPOEIRA</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>10:10am -11am PILATES MAT</b> With Comedy! Anthony Durante Drop In: \$30
Available For Your Class Or Program!	<b>4:30pm – 5pm Abada CAPOEIRA</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a>		Available For Your Class Or Program!	Available For Your Class Or Program!	<b>10:30am – 11:25am Abada CAPOEIRA</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>11:45am -12:45pm ZUMBA</b> With Tom Drop In: \$15
Available For Your Class Or Program!	<b>5:10pm-6:10pm Abada CAPOEIRA</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a>		Available For Your Class Or Program!	<b>5:10pm-6:10pm Abada CAPOEIRA</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>5:30pm-6:30pm NIA Cardio Dance</b> Deborah Walker Drop In: \$13	<b>11:30am – 1pm Abada CAPOEIRA</b> Teen & Adult Program <a href="http://abadamarin.org">abadamarin.org</a>
Available For Your Class Or Program	<b>6:30pm - 8pm Abada CAPOEIRA</b> Teen & Adult Program <a href="http://abadamarin.org">abadamarin.org</a>	<b>6pm-9pm Ballroom Dance</b> With Frank Flores Call: 415-308-5639 <a href="http://DanceWithFrank.com">DanceWithFrank.com</a>	<b>6:30pm - 8pm Abada CAPOEIRA</b> Teen & Adult Program <a href="http://abadamarin.org">abadamarin.org</a>	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	<b>Ballroom Dance</b> With Frank Flores 6:45-9pm Call: 415-308-5639 <a href="http://DanceWithFrank.com">DanceWithFrank.com</a>	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