



Fitness • Dance • Yoga • Community

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

Current Ongoing Class Calendar (FEBRUARY 2019)

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

(AM classes in red. PM classes in blue)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>7:45am – 8:45am</b> <b>Yoga!</b> With Kristina \$12 Drop-in</p>	<p><b>8am - 9am NIA</b> <b>CARDIO DANCE</b> Deborah Walker Drop In: \$13 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>7:45am – 8:45am</b> <b>Yoga!</b> With Kristina \$12 Drop-in</p>	<p><b>8am - 9am NIA</b> <b>CARDIO DANCE</b> Deborah Walker Drop In: \$13 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>7:45am – 8:45am</b> <b>Yoga!</b> With Kristina \$12 Drop-in</p>	<p>Available For Your Class Or Program!</p>	<p>Available For Your Class Or Program!</p>
<p><b>9am - 10am NIA</b> <b>CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>9am - 10am NIA</b> <b>CARDIO DANCE</b> Cheryl King Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>9am - 10am NIA</b> <b>CARDIO DANCE</b> Tanja Fanta Drop In: \$18</p>	<p><b>11am – 12p NIA</b> <b>CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>9am - 10am NIA</b> <b>CARDIO DANCE</b> Michell Kawaja Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>9am - 10am NIA</b> <b>CARDIO DANCE</b> Deborah Walker Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>9am - 10am NIA</b> <b>CARDIO DANCE</b> Deborah Walker Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>
<p>Available For Your Class Or Program!</p>	<p><b>11am – 12p NIA</b> <b>CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>10am -11am</b> <b>Shake Your Shakti</b> with Hannah 10am-11am • \$15</p>	<p>Available For Your Class Or Program!</p>	<p>Available For Your Class Or Program!</p>	<p><b>10am – 10:30am</b> <b>Abada CAPOEIRA</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p><b>10:00am -11am</b> <b>PILATES MAT</b> With Comedy! Anthony Durante Drop In: \$30</p>
<p>Available For Your Class Or Program!</p>	<p><b>4:30pm – 5pm</b> <b>Abada CAPOEIRA</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p>Available For Your Class Or Program!</p>	<p><b>4:30pm – 5pm</b> <b>Abada CAPOEIRA</b> Toddler Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p>Available For Your Class Or Program!</p>	<p><b>10:30am – 11:25am</b> <b>Abada CAPOEIRA</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p><b>11a – 12pm NIA</b> <b>CARDIO DANCE</b> Sarah Caveney Drop In: \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>
<p>Available For Your Class Or Program!</p>	<p><b>5:10pm-6:10pm</b> <b>Abada CAPOEIRA</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p>Available For Your Class Or Program!</p>	<p><b>5:10pm-6:10pm</b> <b>Abada CAPOEIRA</b> Youth Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p><b>5:30pm-6:30pm</b> <b>NIA Cardio Dance</b> Deborah Walker Drop In: \$13 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>11:30am – 1pm</b> <b>Abada CAPOEIRA</b> Teen &amp; Adult Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p>Available For Your Class Or Program!</p>
<p><b>6pm - 7pm</b> <b>CARDIO DANCE</b> Sarah Caveney Drop-In \$18 <a href="http://Niamarin.com">Niamarin.com</a></p>	<p><b>6:30pm - 8pm</b> <b>Abada CAPOEIRA</b> Teen &amp; Adult Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p><b>6pm-9pm</b> <b>Ballroom Dance</b> With Frank Flores Call: 415-308-5639 <a href="http://DanceWithFrank.com">DanceWithFrank.com</a></p>	<p><b>6:30pm - 8pm</b> <b>Abada CAPOEIRA</b> Teen &amp; Adult Program <a href="http://abadamarin.org">abadamarin.org</a></p>	<p>Available For Your Class Or Program!</p>	<p>Available For Your Class Or Program!</p>	<p>Available For Your Class Or Program!</p>
<p><b>Coming March 25!</b> <b>7pm – 8:30pm</b> <b>World Fusion</b> Tika Morgan <a href="http://tikamorgandance.com">tikamorgandance.com</a></p>	<p>Available For Your Class Or Program</p>	<p><b>Ballroom Dance</b> With Frank Flores 6:45-9pm Call: 415-308-5639 <a href="http://DanceWithFrank.com">DanceWithFrank.com</a></p>	<p>Available For Your Class Or Program!</p>	<p>Available For Your Class Or Program!</p>	<p>Available For Your Class Or Program!</p>	<p>Available For Your Class Or Program!</p>

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
- 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