East Metro Workshops

Where Kaposia Library @ 131 Seventh Ave. N. South St. Paul, MN 55075

Why workshop?

Are there calls you wish you understood more clearly? Do you ever hear a call from a formation you are not used to?

This is the place to figure it out!

We will walk you through requested calls and formations to help prepare you for fun at Club Dances

Saturday Jan 3rd 2-4:30PM - Mainstream

Saturday Jan 24th 2PM-4:30 PM - Plus

Saturday Jan 31st 2PM-4:30 PM - MS

Saturday Feb 7th 2PM-4:30PM - Plus

Saturday Feb 28th 9:30-11:30AM - MS

Fun, fitness & fellowship!

Angels needed!

Casual attire!

Partners provided!

No charge!

Don't miss the fun!

Kaposia Library has restricted access on Sunday's – we will need to badge you in. Please reach out to Rose or Ben if you arrive late.



Host Caller – Ben Stokes @ Benjamin.E.Stokes@gmail.com C:612-719-1278