

APRIL 2019

Upcoming Events!

April 11 - Legal Draft Beer Co Social

April 12 - GLOW Girls Night Out at UTA (Free event)

April 26 - Latin Dance Social

**Mondays, April 1-29:
7pm - Mindfulness Series with
Kadampa Meditation Center**

**Book now, for:
Private parties, private events,
and group choreography.**



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SUN	MON	TUES	WED	THURS	FRI	SAT
	1 5:45am Bounce Class 4:30pm Pain-Free Yoga 5:30pm Happy Hour Zumba 7:00pm KMC Texas Mindfulness Series	2 4:30pm Gentle Hatha Yoga 6:00pm Happy Hour Zumba 7:00pm Salsa 8:00pm Taste of Dance - Texas 2 Step 5:30pm-8:30pm Kelley Shaw Designs Open	3 5:45am Bounce Class 5:30pm Hatha Yoga 7:00pm Breakdance	4 4:30pm Pain-Free Yoga 6:30pm Rhythm N Lose	5	6 11:00am Spanish Class 12:00pm Salsa 12:45pm Bachata 2:00pm Pain-Free Yoga 10:00am-4:00pm Kelley Shaw Designs Open
7 1:00pm Energy Yoga Kelley Shaw Designs closed	8 5:45am Bounce Class 4:30pm Pain-Free Yoga 5:30pm Happy Hour Zumba 7:00pm KMC Texas Mindfulness Series	9 4:30pm Gentle Hatha Yoga 6:00pm Happy Hour Zumba 7:00pm Bachata 8:00pm Taste of Dance - Waltz 5:30pm-8:30pm Kelley Shaw Designs Open	10 5:45am Bounce Class 5:30pm Hatha Yoga 7:00pm Breakdance	11 4:30pm Pain-Free Yoga 6:30pm Rhythm N Lose 8pm Latin Dance Social at Legal Draft Beer Co	12 7pm GLOW: Girls Night Out at UTA	13 11:00am Spanish Class 12:00pm Salsa 12:45pm Bachata 2:00pm Pain-Free Yoga 10:00am-4:00pm Kelley Shaw Designs Open
14 1:00pm Energy Yoga 2:30pm-5:30pm Kelley Shaw Designs Open	15 5:45am Bounce Class 4:30pm Pain-Free Yoga 5:30pm Happy Hour Zumba 7:00pm KMC Texas Mindfulness Series	16 4:30pm Gentle Hatha Yoga 6:00pm Happy Hour Zumba 7:00pm Salsa 8:00pm Taste of Dance - Tango 5:30pm-8:30pm Kelley Shaw Designs Open	17 5:45am Bounce Class 5:30pm Hatha Yoga 7:00pm Breakdance	18 4:30pm Pain-Free Yoga 6:30pm Rhythm N Lose	19	20 11:00am Open Dance 12:00pm Salsa 12:45pm Bachata 2:00pm Pain-Free Yoga 10:00am-4:00pm Kelley Shaw Designs Open
21 1:00pm Energy Yoga 2:30pm-5:30pm Kelley Shaw Designs Open	22 5:45am Bounce Class 4:30pm Pain-Free Yoga 5:30pm Happy Hour Zumba 7:00pm KMC Texas Mindfulness Series	23 4:30pm Gentle Hatha Yoga 6:00pm Happy Hour Zumba 7:00pm Bachata 8:00pm Taste of Dance - Rumba 5:30pm-8:30pm Kelley Shaw Designs Open	24 5:45am Bounce Class 5:30pm Hatha Yoga 7:00pm Breakdance	25 4:30pm Pain-Free Yoga 6:30pm Rhythm N Lose	26 8pm Latin Dance Social	27 11:00am Open Dance 12:00pm Salsa 12:45pm Bachata 2:00pm Pain-Free Yoga 10:00am-4:00pm Kelley Shaw Designs Open
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