

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM	4	5
6	7	8 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	9 RIDE THE WAVE 7:00-9:15 PM	10	11 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	12 TAKE CHARGE NOW 9:00AM-1:30PM
13 RIDE THE WAVE 9:00AM-1:00PM INNER RYTHMS 2:00-6:00PM	14 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	15 INNER RYTHMS 7:00-9:15PM	16 RIDE THE WAVE 7:00-9:15 PM	17	18	19
20	21	22 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	23 RIDE THE WAVE 7:00-9:15 PM	24 POD 9 6:00-9:00PM	25 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	26
27	28 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	29 INNER RYTHMS 7:00-9:15PM	30 RIDE THE WAVE 7:00-9:15 PM	31 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM		

**For Private Session Schedule - Contact your Dance Alive Coach.*

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	6 RIDE THE WAVE 7:00-9:15 PM	7	8 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	9 MOVING INTO ACTION 9:00AM-5:30PM
10 MOVING INTO ACTION 9:00AM-5:30PM	11 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	12 INNER RYTHMS 7:00-9:15PM	13 RIDE THE WAVE 7:00-9:15 PM	14	15	16
17	18	19 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	20 RIDE THE WAVE 7:00-9:15 PM	21 POD 9 6:00-9:00PM	22 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	23
24	25 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	26 INNER RYTHMS 7:00-9:15PM	27 RIDE THE WAVE 7:00-9:15 PM	28 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM		

**For Private Session Schedule - Contact your Dance Alive Coach.*

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	6 RIDE THE WAVE 7:00-9:15 PM	7	8 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	9 TAKE CHARGE NOW 9:00AM-1:30PM
10 RIDE THE WAVE 9:00AM-1:00PM INNER RYTHMS 2:00-6:00PM	11 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	12 INNER RYTHMS 7:00-9:15PM	13 RIDE THE WAVE 7:00-9:15 PM	14	15	16
17	18	19 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	20 RIDE THE WAVE 7:00-9:15 PM	21 POD 9 6:00-9:00PM	22 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	23
24	25 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	26 INNER RYTHMS 7:00-9:15PM	27 RIDE THE WAVE 7:00-9:15 PM	28	29	30
31						

**For Private Session Schedule - Contact your Dance Alive Coach.*

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 INNER RYTHMS 7:00-9:15PM	3 RIDE THE WAVE 7:00-9:15 PM	4 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM	5	6
7	8	9 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	10 RIDE THE WAVE 7:00-9:15 PM	11	12 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	13 MOVING INTO ACTION 9:00AM-5:30PM
14 MOVING INTO ACTION 9:00AM-5:30PM	15 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	16 INNER RYTHMS 7:00-9:15PM	17 RIDE THE WAVE 7:00-9:15 PM	18	19	20
21	22	23 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	24 RIDE THE WAVE 7:00-9:15 PM	25 POD 9 6:00-9:00PM	26 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	27
28	29 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	30 INNER RYTHMS 7:00-9:15PM				

**For Private Session Schedule - Contact your Dance Alive Coach.*

May 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 RIDE THE WAVE 7:00-9:15 PM	2	3 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	4 TAKE CHARGE NOW 9:00AM-1:30PM
5 RIDE THE WAVE 9:00AM-1:00PM INNER RYTHMS 2:00-6:00PM	6 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	7 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	8 RIDE THE WAVE 7:00-9:15 PM	9 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM	10	11
12	13	14 INNER RYTHMS 7:00-9:15PM	15 RIDE THE WAVE 7:00-9:15 PM	16 POD 9 6:00-9:00PM	17 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	18
19	20 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	21 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	22 RIDE THE WAVE 7:00-9:15 PM	23	24	25
26	27	28 INNER RYTHMS 7:00-9:15PM	29 RIDE THE WAVE 7:00-9:15 PM	30	31	

**For Private Session Schedule - Contact your Dance Alive Coach.*

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	5 RIDE THE WAVE 7:00-9:15 PM	6 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM	7 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	8 MOVING INTO ACTION 9:00AM-5:30PM
9 MOVING INTO ACTION 9:00AM-5:30PM	10 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	11 INNER RYTHMS 7:00-9:15PM	12 RIDE THE WAVE 7:00-9:15 PM	13	14	15
16	17	18 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	19 RIDE THE WAVE 7:00-9:15 PM	20 POD 9 6:00-9:00PM	21 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	22
23	24 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	25 INNER RYTHMS 7:00-9:15PM	26 RIDE THE WAVE 7:00-9:15 PM	27	28	29
30						

**For Private Session Schedule - Contact your Dance Alive Coach.*

July 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 INNER RYTHMS 7:00-9:15PM	3 RIDE THE WAVE 7:00-9:15 PM	4	5	6
7	8	9 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	10 RIDE THE WAVE 7:00-9:15 PM	11	12 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	13 TAKE CHARGE NOW 9:00AM-1:30PM
14 RIDE THE WAVE 9:00AM-1:00PM INNER RYTHMS 2:00-6:00PM	15 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	16 INNER RYTHMS 7:00-9:15PM	17 RIDE THE WAVE 7:00-9:15 PM	18 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM	19	20
21	22	23 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	24 RIDE THE WAVE 7:00-9:15 PM	25 POD 9 6:00-9:00PM	26 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	27
28	29 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	30 INNER RYTHMS 7:00-9:15PM	31 RIDE THE WAVE 7:00-9:15 PM			

**For Private Session Schedule - Contact your Dance Alive Coach.*

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM	2	3
4	5	6 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	7 RIDE THE WAVE 7:00-9:15 PM	8	9 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	10 MOVING INTO ACTION 9:00AM-5:30PM
11 MOVING INTO ACTION 9:00AM-5:30PM	12 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	13 INNER RYTHMS 7:00-9:15PM	14 RIDE THE WAVE 7:00-9:15 PM	15	16	17
18	19	20 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	21 RIDE THE WAVE 7:00-9:15 PM	22 POD 9 6:00-9:00PM	23 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	24
25	26 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	27 INNER RYTHMS 7:00-9:15PM	28 RIDE THE WAVE 7:00-9:15 PM	29	30	31

**For Private Session Schedule - Contact your Dance Alive Coach.*

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	4 RIDE THE WAVE 7:00-9:15 PM	5 POD 11 10:00AM-1:00PM POD 12 6:00-9:00PM	6	7
8	9	10 INNER RYTHMS 7:00-9:15PM	11 RIDE THE WAVE 7:00-9:15 PM	12	13 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	14 TAKE CHARGE NOW 9:00AM-1:30PM
15 RIDE THE WAVE 9:00AM-1:00PM INNER RYTHMS 2:00-6:00PM	16 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	17 INNER RYTHMS 7:00-9:15PM	18 RIDE THE WAVE 7:00-9:15 PM	19	20	21
22	23 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	24 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	25 RIDE THE WAVE 7:00-9:15 PM	26 POD 9 6:00-9:00PM	27 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	28
29	30					

**For Private Session Schedule - Contact your Dance Alive Coach.*

October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3 POD 11 10:00AM-1:00PM	4	5
		INNER RYTHMS 7:00-9:15PM	RIDE THE WAVE 7:00-9:15 PM	POD 12 6:00-9:00PM		
6	7	8 POD 18 10:00AM-1:00PM	9	10	11 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	12 MOVING INTO ACTION 9:00AM-5:30PM
		INNER RYTHMS 7:00-9:15PM	RIDE THE WAVE 7:00-9:15 PM			
13 MOVING INTO ACTION 9:00AM-5:30PM	14 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	15	16	17	18	19
		INNER RYTHMS 7:00-9:15PM	RIDE THE WAVE 7:00-9:15 PM			
20	21	22 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM	23	24	25 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	26
		INNER RYTHMS 7:00-9:15PM	RIDE THE WAVE 7:00-9:15 PM	POD 9 6:00-9:00PM		
27	28 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	29	30	31 POD 11 10:00AM-1:00PM		
		INNER RYTHMS 7:00-9:15PM	RIDE THE WAVE 7:00-9:15 PM	POD 12 6:00-9:00PM		

**For Private Session Schedule - Contact your Dance Alive Coach.*

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 POD 18 10:00AM-1:00PM INNER RYTHMS 7:00-9:15PM	6 RIDE THE WAVE 7:00-9:15 PM	7	8 POD 16 10:00AM-1:00PM POD 17 1:30-4:30PM	9 TAKE CHARGE NOW 9:00AM-1:30PM
10 RIDE THE WAVE 9:00AM-1:00PM INNER RYTHMS 2:00-6:00PM	11 POD 4 10:00AM-1:00PM POD 5 1:30-4:30PM POD 6 6:00-9:00PM	12 INNER RYTHMS 7:00-9:15PM	13 RIDE THE WAVE 7:00-9:15 PM	14	15	16
17	18 POD 1 10:00AM-1:00PM POD 2 1:30-4:30PM POD 3 6:00-9:00PM	19 POD 7 10:00AM-1:00PM POD 8 1:30-4:30PM INNER RYTHMS 7:00-9:15PM	20 RIDE THE WAVE 7:00-9:15 PM	21 POD 9 6:00-9:00PM	22 POD 13 10:00AM-1:00PM POD 14 1:30-4:30PM	23
24	25	26 INNER RYTHMS 7:00-9:15PM	27 RIDE THE WAVE 7:00-9:15 PM	28	29	30

**For Private Session Schedule - Contact your Dance Alive Coach.*

December 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <div style="color: green; text-align: center;"> POD 18 10:00AM-1:00PM </div> <div style="color: purple; text-align: center; margin-top: 10px;"> INNER RYTHMS 7:00-9:15PM </div>	4 <div style="color: blue; text-align: center;"> RIDE THE WAVE 7:00-9:15 PM </div>	5 <div style="color: green; text-align: center;"> POD 11 10:00AM-1:00PM </div> <div style="color: green; text-align: center; margin-top: 10px;"> POD 12 6:00-9:00PM </div>	6	7
8	9 <div style="color: green; text-align: center;"> POD 1 10:00AM-1:00PM </div> <div style="color: green; text-align: center; margin-top: 5px;"> POD 2 1:30-4:30PM </div> <div style="color: green; text-align: center; margin-top: 5px;"> POD 3 6:00-9:00PM </div>	10 <div style="color: purple; text-align: center;"> INNER RYTHMS 7:00-9:15PM </div>	11 <div style="color: blue; text-align: center;"> RIDE THE WAVE 7:00-9:15 PM </div>	12	13 <div style="color: green; text-align: center;"> POD 16 10:00AM-1:00PM </div> <div style="color: green; text-align: center; margin-top: 10px;"> POD 17 1:30-4:30PM </div>	14 <div style="color: red; text-align: center;"> TAKE CHARGE NOW 9:00AM-1:30PM </div>
15 <div style="color: blue; text-align: center;"> RIDE THE WAVE 9:00AM-1:00PM </div> <div style="color: purple; text-align: center; margin-top: 10px;"> INNER RYTHMS 2:00-6:00PM </div>	16 <div style="color: green; text-align: center;"> POD 4 10:00AM-1:00PM </div> <div style="color: green; text-align: center; margin-top: 10px;"> POD 5 1:30-4:30PM </div> <div style="color: green; text-align: center; margin-top: 10px;"> POD 6 6:00-9:00PM </div>	17 <div style="color: green; text-align: center;"> POD 7 10:00AM-1:00PM </div> <div style="color: green; text-align: center; margin-top: 10px;"> POD 8 1:30-4:30PM </div> <div style="color: purple; text-align: center; margin-top: 10px;"> INNER RYTHMS 7:00-9:15PM </div>	18 <div style="color: blue; text-align: center;"> RIDE THE WAVE 7:00-9:15 PM </div>	19 <div style="color: green; text-align: center;"> POD 9 6:00-9:00PM </div>	20 <div style="color: green; text-align: center;"> POD 13 10:00AM-1:00PM </div> <div style="color: green; text-align: center; margin-top: 10px;"> POD 14 1:30-4:30PM </div>	21
22	23	24	25	26	27	28
29	30	31				

**For Private Session Schedule - Contact your Dance Alive Coach.*