

## July 2018

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

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

## August 2018

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

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## September 2018

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

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## October 2018

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

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## November 2018

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

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## December 2018

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

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