



VaDance Studio

1129 Thomas Jefferson Rd, Forest, VA 24551
 www.VaDance.com 434-665-9411 donnalbarringer@aol.com



Group Classes

DANCE CLASS TUITION:
 \$15 per class

Mondays

Advanced 7:30
 Classes TBA

Tuesdays

Intermediate 7:30
 Classes TBA

Thursdays

Beginner 7:30
 Classes TBA

Dance Party

Friday 6/1
 8:00 - 10:00 \$10

Wellness Classes

Chakra Energy
 6/9 11:00 - 1:00
 w/ Donna \$20

Yoga Class

Fri & Sat 9:00
 Tues & Thu 1:30
 Mon & Wed 5:45

Donna (Dance)
 434-665-9411

Robert (Dance)
 540-765-7838

Marinda (Yoga)
 434-258-6954

Debbie (Yoga)
 540-580-7833

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BALLROOM CLASSES

Beginner - Thursday 7:30
 May - Hustle & Swing

Intermediate - Tuesday 7:30
 May - TBA

Advanced - Monday 7:30
 May - TBA

Tuition: \$15 per class

PRIVATE LESSONS (By Appt.)

All levels, all styles, all occasions
 New Students with Donna - 4/\$280
 Wedding Bootcamps available!

WELLNESS CLASSES

CHAKRA ENERGY CLASS
 SATURDAY, JUNE 9TH 11 - 1 \$20

YOGA CLASSES

Instructor: **Marinda Hamilton**
 Monday & Wednesday 5:45
 Tuesday & Thursday 1:30
 Saturday 9:00
 434-258-6954
 mhwsunshine@gmail.com

Instructor: **Debbie Ladd**
 Friday 9:00
 540-580-7833
 dlwadd@hotmail.com

Tuition: \$12 / class
 (\$80 for 8 class package)
 Classes - all levels are welcomed

All Levels welcome!
 1st Yoga Class **FREE**

MAY 2018

MAY DANCE PARTY

FRIDAY, JUNE 1 8:00

SUN	MON	TUE	WED	THU	FRI	SAT
		1 1:30 Yoga 7:30 Intermediate Class	2 5:45 Yoga	3 1:30 Yoga 7:30 Beginner Class	4 9:00 Yoga	5 9:00 Yoga
6	7 5:45 Yoga 7:30 Advanced Class	8 1:30 Yoga 7:30 Intermediate Class	9 5:45 Yoga	10 1:30 Yoga 7:30 Beginner Class	11 9:00 Yoga	12 9:00 Yoga 11:00 EFT Workshop
13	14 5:45 Yoga 7:30 Advanced Class	15 1:30 Yoga 7:30 Intermediate Class	16 5:45 Yoga	17 1:30 Yoga 7:30 Beginner Class	18 9:00 Yoga	19 9:00 Yoga
20	21 5:45 Yoga 7:30 Advanced Class	22 1:30 Yoga 7:30 Intermediate Class	23 5:45 Yoga	24 1:30 Yoga 7:30 Beginner Class	25 9:00 Yoga NO PARTY ↓	26 9:00 Yoga
27	28 MEMORIAL DAY NO CLASSES	29 1:30 Yoga 7:30 Intermediate Class	30 5:45 Yoga	31 1:30 Yoga 7:30 Beginner Class	JUNE 1 9:00 Yoga DANCE PARTY 8:00 \$10	