

2014 January - June [Day] DancExercise & EZ Workshop Schedule

HIGH energy BEGINNER line dancing.

Fun way to help maintain fitness and a great way to deepen your practice.

Instructor walks thru with step patterns for each dance. Music plays continuously throughout the whole session

***活力排舞運動日班* (定期進行帶氧運動, 對健康有長期裨益)**

Day 日間	BH	Bayview Hill Community Centre					114 Spadina Road, Richmond Hill (16th Ave. / Between Bayview Ave. / Leslie St.)			
Location	January - June (一月 > 六月)						Day	Time 上課時間	Instructor	OFF 假期
	Jan. 一月	Feb. 二月	March 三月	April 四月	May 五月	June 六月				
BH C. C. Bayview Hill Comm. Centre	Start @ 6, 13, 20, 27	10, 24	3, 17, 24, 31	7, 14, 28	5, 12, 26	2, 9, 16 end	Mon 一 運動日	11:15 am -12:05 pm 12:15 pm - 1:05 pm	Hilda K	Feb. 3 Feb. 17 Mar. 10 Apr. 21 May 19
	Start @ 7, 14, 21, 28	11, 18, 25	4, 18, 25	1, 8, 15, 22, 29	6, 13, 20, 27	3, 10, 17 end	Tue 二 工作坊	12:00 pm -1:00 pm 1:10 pm - 2:10 pm	Hilda K Winnie Ho	Feb. 4 Mar. 11
	Start @ 10, 17, 24	7, 14, 21, 28	7, 21, 28	4, 11, 25	2, 9, 16, 23 30	6, 13, 20 end	Fri 五 運動日	11:15 am -12:05 pm	Dodo W Hilda K Maria M	Jan 31 Mar. 14 Apr 18
	Start @ 10, 17, 24	7, 14, 21, 28	7, 21, 28	4, 11, 25	2, 9, 16, 23 30	6, 13, 20 end	Fri 五 工作坊	12:15 am - 1:05 pm	Dodo W Hilda K Maria M	Jan 31 Mar. 14 Apr.18

***DancExercise & EZ Workshop-- FUN to participate & EASY to follow for BEGINNERS**

-Comfortable clothing and smooth - soled shoes are highly recommended-

Instructors Tels: Dodo Wong 905-887-3363 / Hilda Ku 905-881-2496
 Maria Miu 647-783-3887 / Winnie Ho 416-318-8035