

**RHYTHM & GRACE DANCE STUDIO
JANUARY 2025 PUNCH CARD AND * OTHER ADULT OFFERINGS**

MON	TUE	WED	THUR	FRI	SAT	SUN
6 Pilates w/Angela 8:00am-9:00am <hr/> Yoga w/Saraha 9:30am -10:30am <hr/> Pilates w/Angela 5:30pm - 6:30pm	7 Pilates w/Angela 8:00am-9:00am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	8 Yoga w/Saraha 9:30am -10:30am <hr/> <hr/> LINE DANCING w/LISA KELLY 5:30PM-6:30PM	9 Yoga w/Ali 9:30am -10:30am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	10 Yoga w/Saraha 9:30am -10:30am <hr/> <hr/> Pilates w/Angela 5:30pm - 6:30pm	11 Zumba w/Danielle 8:30am -9:15am	12 *Extra Offer Yoga with Clare & Saraha 10:30a- 12:00p Cost= \$15
13 Pilates w/Angela 8:00am-9:00am <hr/> <hr/> Yoga w/Saraha 9:30am -10:30am <hr/> Pilates w/Angela 5:30pm - 6:30pm	14 Pilates w/Angela 8:00am-9:00am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	15 Yoga w/Saraha 9:30am -10:30am <hr/> Beg Ballet w/Wendy 4:00-5:25 <hr/> <hr/> LINE DANCING w/LISA KELLY 5:30PM-6:30PM	16 Pilates w/Angela 8:00am-9:00am <hr/> Yoga w/Ali 9:30am -10:30am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	17 No Yoga <hr/> <hr/> Pilates w/Angela 5:30pm - 6:30pm	18 Zumba w/Danielle 8:30am -9:15am	19
20 Pilates w/Angela 8:00am-9:00am <hr/> <hr/> Yoga w/Clare 9:30am -10:30am <hr/> Pilates w/Angela 5:30pm - 6:30pm	21 Pilates w/Angela 8:00am-9:00am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	22 Yoga w/Saraha 9:30am -10:30am <hr/> Beg Ballet w/Wendy 4:00-5:25 <hr/> <hr/> LINE DANCING w/LISA KELLY 5:30PM-6:30PM	23 Pilates w/Angela 8:00am-9:00am <hr/> Yoga w/Ali 9:30am -10:30am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	24 Yoga w/Saraha 9:30am -10:30am <hr/> <hr/> Pilates w/Angela 5:30pm - 6:30pm	25 Zumba w/Danielle 8:30am -9:15am	26 *Extra Offer Yoga with Clare & Saraha 10:30a- 12:00p Cost= \$15
27 Pilates w/Angela 8:00am-9:00am <hr/> <hr/> Yoga w/Saraha 9:30am -10:30am <hr/> Pilates w/Angela 5:30pm - 6:30pm	28 Pilates w/Angela 8:00am-9:00am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	29 Yoga w/Saraha 9:30am -10:30am <hr/> Beg Ballet w/Wendy 4:00-5:25 <hr/> <hr/> Ballroom w/Julie Lewis 5:30pm-6:30pm	30 Pilates w/Angela 8:00am-9:00am <hr/> Yoga w/Ali 9:30am -10:30am <hr/> Pilates w/Angela 1:30pm-2:30pm <hr/> Dance Jam w/Ramona 5:30pm-6:30pm	31 Yoga w/Saraha 9:30am -10:30am <hr/> <hr/> Pilates w/Angela 5:30pm - 6:30pm	Feb 1, 2025 Zumba w/Danielle 8:30am -9:15am	2

435 Main Street, Quincy, Ca 95971

Drop In fee=\$15; Punch Card Fees: 10 classes =\$125 or 20 classes = \$200

All Classes included in Punch Card

Wendy's cell 530.258.6792 - Angela's cell 530.251.6414 - Saraha's cell 415.525.6020