



WEEKLY SCHEDULE

*CONTACT US FOR RENTAL AVAILABILITY

SUNDAY



Afro-Cuban Percussion:
12pm-1pm

Afro-Cuban Dance:
1pm-2pm



African Dance:
2pm-4pm

MONDAY



Dumbek Drumming:
6pm-7pm



Tribal Style Belly Dance:
7pm-8pm



Japanese Taiko Practice: 8pm-10pm

TUESDAY



Children's African Drumming
2pm, 3pm, & 3:30pm



Total Body Fitness:
5pm-6:30pm



Kundalini Yoga: 6:45pm-8:15pm

WEDNESDAY



Drop-In Yoga:
5pm-6pm



West African Drumming:
6pm-7:30pm



Brazilian Super Sonic Samba:
8pm-10pm

THURSDAY



Total body Fitness
5pm-6:30pm



ADV Afro-Cuban Percussion:
6:30pm-8pm



Japanese Taiko Practice:
8pm-10pm

SATURDAY



Japanese Taiko Workshop:
9am-10am



Emei Qigong Practice:
10am-11am



Capoeira Sao Bento Grande:
11am-1:30pm

CLASSES AND INSTRUCTORS

Afro-Cuban Percussion & Dance: A course in dedication to the African diaspora preserved in Cuba. Taught by Juan Carlos Blanco. \$5 Each course.

ADV Afro-Cuban Percussion: High energy Latin Percussion course taught by Juan Sanchez. \$12.

African Dance: High energy polyrhythmic dances, whole body articulation. Taught by Makida Anderson. \$12.

Brazilian Super Sonic Samba: High energy Brazilian Samba percussion/dance. *Donation.

Capoeira Sao Bento Grande: African-Brazilian dance fighting for all ages taught by Dennis Newsome. *Ask instructor for pricing.

Children's African Drumming: West African rhythms taught by Nana Yaw Asiedu, master drumming instructor. \$8 (7 & under), \$9 (over 7)

Dumbek Drumming: Middle Eastern style drumming taught by Frank Lazarro. \$12.

Emei Qigong Practice: FREE! Promotes health, balance, and spiritual development. Taught by Master Wendy on the WBC lawn.

Japanese Taiko: Intense and high energy Japanese Taiko drumming. Pre-register if you are new.

Total Body Workout: Kick boxing workout course incorporating stretching and yoga. Taught by certified kick boxer Ray Scott. *Ask instructor for pricing.

Tribal Style Belly Dance: Middle Eastern dance with live drumming led by instructor Sabrina Fox. \$12.

West African Drumming: West African Djembe drumming class with instructor Abdul Sow. \$12.

Yoga: FREE! A variety of yoga styles taught by instructor Vania Oliveira.

Ki California Healing (Wednesdays 3-7pm): Ki practitioners with over 20 years of experience. Using the ancient Korean Taoist art of Ki healing, we help you achieve wellness of body, mind and spirit.

For more information on class scheduling & costs please contact us at 619.230.1190

For more info visit www.worldbeatcenter.org