

DECEMBER 2024

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

JANUARY 2025
 Due to COVID, no walk-ins are accepted
 Pre-registration or private appointments only
 Appointments booked 7 days/week
 Parties booked Friday - Sunday



www.floorplaydance.com
 302-307-9126
 hello@floorplaydance.com

FEBRUARY 2025

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16	17	18	19	20	21	22
23	24	25	26	27	28	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Parties and Private lessons are booked seven days a week.	30 Playgrounds (Practice Time) One/\$12, Fifteen/\$100 expires in five months	31 55-min. Live Classes: Single drop-in \$25 Four/\$90, Eight/\$170	1 Private Lessons Only	2 7am Grand Risings Flow 4:20p Restorative Flow	3 4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 7:50p WCS Staples Review ^{1/3} 8:45p Playground	4 7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow
5 12:50 Writing Your Story Through Your Chakras 2pm Playground 3:10p Bellydance Basics ^{1/4}	6 9:20a Vinyasa Flow 7:50p Chair Dance Drop-in 7:50p Playground	7 7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	8 9:20a Vinyasa Flow 1:30p Beginner Line Dance 2:45p Improver Line Dance	9 7am Grand Risings Flow 4:20p Restorative Flow	10 4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 7:50p WCS Staples Review ^{2/3} 9pm Playground	11 7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow
12 9am Grounding Sound Bath 12:50p WriteYourStory ThroughChakras 2pm Playground 3:10p Bellydance Basics ^{2/4}	13 9:20a Vinyasa Flow 7:50p Chair Dance Drop-in 7:50p Playground	14 7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	15 9:20a Vinyasa Flow 1:30p Beginner Line Dance 2:45p Improver Line Dance	16 7am Grand Risings Flow 4:20p Restorative Flow 6:40p Gong Bath	17 4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 7:50p WCS Staples Review ^{3/3} 9pm Playground	18 7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow
19 12:50 Writing Your Story Through Your Chakras 2pm Playground 3:10p Bellydance Basics ^{3/4}	20 MLK Day 9:20a Vinyasa Flow 7:50p Chair Dance Drop-in 7:50p Playground	21 7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	22 9:20a Vinyasa Flow 1:30p Beginner Line Dance 2:45p Improver Line Dance	23 7am Grand Risings Flow 4:20p Restorative Flow	24 Freedom Swing 4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 9pm Playground	25 7am Grand Risings Flow 9:20a Empowerment Flow 10:30a Grand Risings Flow
26 9am Chakra Balancing Sound Bath 12:50p WriteYourStory ThroughChakras 2pm Playground 3:10p Bellydance Basics ^{4/4}	27 9:20a Vinyasa Flow 7:50p Chair Dance Drop-in 7:50p Playground	28 7am Grand Risings Flow 4:20p Balance/Mobility 4:20p Playground - Hall	29 9:20a Vinyasa Flow 1:30p Beginner Line Dance 2:45p Improver Line Dance	30 7am Grand Risings Flow 4:20p Restorative Flow 6:40p Empath Energy Cleansing Sound Bath	31 4:20p Empowerment Meditation & Flow 5:30p Energy Cleanse Flow 9pm Playground	1

Grand Risings Flow, Restorative Flow, Balance/Mobility, and Empowerment/Meditation Flow = Carrie, crhealing222@gmail.com
 Writing Your Story Through Your Chakras and all Sound Baths = Alisa, alisa@serenitywritingworks.com
 Vinyasa Flow Yoga = Brittaney, brittaney@rootednestyoga.com
 Line Dancing = Ray, linedancingwithraymuller@gmail.com