




May 2023



Dance Daly Ballroom - Mission Viejo
www.dancedalyballroomoc.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Emerald Ball 1 9:00am Daly Fitness 7:00pm Spins and Turns in <u>Rhythm/Latin Dances</u> 7:45pm Beginner Cha-Cha	Emerald Ball 2 1:30pm RX Dance 4:30pm Kids Class 7:00pm Prog. Foxtrot 7:45pm Beginner Country 2-Step	Emerald Ball 3 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beginner Salsa 7:45pm Int. Waltz	Emerald Ball 4 1:30pm RX Dance 4:30pm Kids Class 7:00pm Beginner Merengue 7:45pm Practice Party	Emerald Ball 5 By appointment only	Emerald Ball 6 9:00am Daly Fitness 12:00pm Beginner Bachata 12:45pm Int. Rumba 1:30pm Teen Class Happy Birthday Sasha!
7	8 9:00am Daly Fitness 7:00pm Rolling through the Feet in <u>Smooth/Standard Dances</u> 7:45pm Int. Waltz	9 1:30pm RX Dance 4:30pm Kids Class 7:00pm Prog. Foxtrot 7:45pm Beginner WC Swing	10 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beginner Nightclub 2-Step 7:45pm Int. Tango	Igor Suvorov 11 1:30pm RX Dance 4:30pm Kids Class 7:00pm Beginner Hustle 7:45pm Practice Party	12 By appointment only	13 9:00am Daly Fitness 12:00pm Beginner Samba 12:45pm Int. Cha-Cha 1:30pm Teen Class
14 	15 9:00am Daly Fitness 7:00pm Foot Pressure in <u>Rhythm/Latin Dances</u> 7:45pm Beginner Rumba	16 1:30pm RX Dance 4:30pm Kids Class 7:00pm Prog. Foxtrot 7:45pm Line Dances	17 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beginner Salsa 7:45pm Int. Cha-Cha	18 1:30pm RX Dance 4:30pm Kids Class 7:00pm Beginner Bachata 7:45pm Practice Party	19 Studio Closed this weekend! Come join us at Las Vegas Classic!	20 Studio Closed this weekend! Come join us at Las Vegas Classic!
21 Studio Closed this weekend! Come join us at Las Vegas Classic!	22 No Daly Fitness today! 7:00pm Body Alignments in <u>Smooth/Standard Dances</u> 7:45pm Int. Tango	23 1:30pm RX Dance 4:30pm Kids Class 7:00pm Prog. Foxtrot 7:45pm Beginner Nightclub 2-Step	24 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beginner Waltz 7:45pm Int. Rumba Happy Birthday Madison!	25 1:30pm RX Dance 4:30pm Kids Class Studio Outing to The Ranch in Anaheim!	26 By appointment only	27 9:00am Daly Fitness 12:00pm Beginner Merengue 12:45pm Int. Bachata 1:30pm Teen Class
28	Memorial Day 29 9:00am Daly Fitness 7:00pm Using the Standing Foot in <u>Rhythm/Latin Dances</u> 7:45pm Beginner EC Swing	30 1:30pm RX Dance 4:30pm Kids Class 7:00pm Prog. Foxtrot 7:45pm Beginner Country 2-Step	31 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beginner Bachata 7:45pm Int. EC Swing			

Beginner – No dance experience.

Prog. – Progressive classes for all levels. Gives us a chance to build a small routine.

Int. & Silver – Intermediate level for students comfortable with basics.

Daly Fitness – Dance exercise class. No dance experience needed. Wear sportswear.

RX Ballroom Dance – Nonprofit organization for people with neurological condition.

Dance Daly Ballroom – MV

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