




March 2023



Dance Daly Ballroom - Mission Viejo
www.dancedalyballroomoc.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beg. Waltz 7:45pm Silver Cha-Cha Last Day for Beach Bash Early Bird entries!	Vegas Open 2 1:30pm RX Dance 4:30pm Kids Class 7:00pm Social Salsa 7:45pm Practice Party!	Vegas Open 3 No Teens Class today! By appointment only	Vegas Open 4 No groups today! Good luck to our students and teachers at Vegas Open!
5	6 9:00am Daly Fitness 7:00pm Foot Pressure for Rhythm/Latin Dances 7:45pm Int. Samba	7 1:30pm RX Dance 4:30pm Kids Class 7:00pm Beg. Waltz 7:45pm Prog. Salsa	8 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beg. Cha-Cha 7:45pm Silver Foxtrot	9 1:30pm RX Dance 4:30pm Kids Class 7:00pm Social Bachata 7:45pm Practice Party!	10 5:30pm Teen Class By appointment only	11 9:00am Daly Fitness 12:00pm Smooth Technique 12:45pm Int. Waltz
12	13 9:00am Daly Fitness 7:00pm Frame and Posture for Smooth/Standard Dances 7:45pm Beg. Waltz	Colin James 14 1:30pm RX Dance 4:30pm Kids Class 7:00pm Beg. Tango 7:45pm Prog. Salsa	15 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beg. WC Swing 7:45pm Silver Rumba	16 1:30pm RX Dance 4:30pm Kids Class 7:00pm Social Merengue 7:45pm St. Patty's Practice Party! Happy Birthday JohnBoy!	17 5:30pm Teen Class By appointment only Happy Saint Patrick's Day 	Royal Ball 18 9:00am Daly Fitness 12:00pm Social Bachata 12:45pm Int. Salsa
19	20 9:00am Daly Fitness 7:00pm Using the Standing Leg for Rhythm/Latin Dances 7:45pm Int. Bachata	21 1:30pm RX Dance 4:30pm Kids Class 7:00pm Beg. Rumba 7:45pm Prog. Salsa	22 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beg. EC Swing 7:45pm Silver Tango	23 1:30pm RX Dance 4:30pm Kids Class 7:00pm Social Hustle 7:45pm Practice Party!	24 5:30pm Teen Class By appointment only	25 9:00am Daly Fitness 12:00pm Smooth Technique 12:45pm Int. Foxtrot
26	27 9:00am Daly Fitness 7:00pm Strides & Rise for Smooth/Standard Dances 7:45pm Beg. Foxtrot	28 1:30pm RX Dance 4:30pm Kids Class 7:00pm Beg. Cha-Cha 7:45pm Prog. Salsa	29 9:00am Daly Fitness 5:30pm Teen Class 7:00pm Beg. Tango 7:45pm Silver EC Swing	30 1:30pm RX Dance 4:30pm Kids Class 7:00pm Social Nightclub 2-Step 7:45pm Practice Party!	31 5:30pm Teen Class By appointment only	

Beg. (beginner) & Social – No dance experience.

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

Int. & Adv. – 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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