

CITYDANCE STUDIOS DC / MD / VA 2025-26 ADULT CLASS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
All Lvl's Heels 6:30-7:30pm FH <i>Talissa Bavaresco</i> Beg Tap 6:45-7:45pm FH <i>Allison Hunger</i> Int Contemporary 7:30-9:00pm FH <i>Talissa Bavaresco</i> Int Tap 7:45-9:00pm FH <i>Allison Hunger</i> Beg Hip Hop 8:00-9:00pm NB <i>Rotita Cunningham</i>	All Lvl Zumba 7:00-8:00am NB <i>Asanga Domask</i> All Lvl Zumba 9:30-10:30am NB <i>Asanga Domask</i> Adv Beg/Int Flamenco 7:30-8:30pm FH <i>Estela Velez de Paredes</i> NEW! Adv Beg Jazz 7:30-8:30pm FH <i>Natalie Chevalier</i> Beg Hip Hop 7:30-8:30pm FH <i>Zoe Zitner</i> Adv Flamenco 8:30-9:45pm FH <i>Estela Velez de Paredes</i>	Beg Ballet 10:15-11:30am FH <i>Kim Kokich</i> NEW! Beg Ballet 6:30-7:45pm FH <i>Joan Ayap</i> Adv Beg Tap 7:00-8:00pm FH <i>Allison Hunger</i> NEW! Beg Hip Hop 7:30-8:30pm RK <i>Diamond Hill</i> Adv Beg Musical Theater Jazz 7:30-8:30pm FH <i>Erica Hudak</i> NEW! Beg Contemporary 7:45-9:00pm FH <i>Joan Ayap</i> Beg Flamenco 7:45-8:45pm FH <i>Daniel Paredes</i> Beg Tap 8:00-9:00pm FH <i>Allison Hunger</i> Adv Beg Flamenco 8:45-9:45pm FH <i>Daniel Paredes</i>	All Lvl Zumba 7:00-8:00am NB <i>Asanga Domask</i> All Lvl Zumba 9:30-10:30am NB <i>Asanga Domask</i> Int Contemporary 6:30-8:00pm FH <i>Talissa Bavaresco</i> Beg Ballet 6:45-8:00pm FH <i>Amanda Holland</i> All Lvl Zumba 7:30-8:30pm FH <i>Tanya Nuchols</i> Beg Lyrical 8:00pm-9:00pm FH <i>Talissa Bavaresco</i> Adv Beg Ballet 8:00-9:15pm FH <i>Amanda Holland</i>	NEW! All Levels Contemporary 10:15-11:45am FH <i>Sarah Beth Oppenheim</i> KPop Fridays 7:00-8:30pm FH <i>Every 2nd & 4th Friday</i> <i>Kaitlin Madzelan</i> Sippin' with CityDance 7:00-8:30pm FH <i>Every 3rd Friday</i> <i>Rotating Faculty</i> Sippin' with CityDance 6:00-7:30pm FC <i>Selected Saturdays</i> <i>Rotating Faculty</i>	Adv Int The Jackson Method Ballet 10:00-11:30am FH <i>Aaron Jackson</i> Filipino Dance Workshop 2:00-3:00pm FH <i>Every 1st Saturday</i> <i>Tanya Nuchols</i> Sippin' with CityDance 6:00-7:30pm NB <i>Selected Saturdays</i> <i>Rotating Faculty</i> Sippin' with CityDance 6:00-7:30pm FC <i>Selected Saturdays</i> <i>Rotating Faculty</i>	All Lvl Zumba 9:00-9:45am FH <i>Tanya Nuchols</i> All Lvl Barre Fit 9:45-10:30am FH <i>Tanya Nuchols</i> All Lvl SharQui 10:30-11:15am FH <i>Tanya Nuchols</i> Beg Flamenco 12:45-1:45pm FH <i>Estela Velez de Paredes</i> Adv Beg Musical Theater Jazz 12:45-2:00pm FH <i>Katie Creed</i> Flamenco Repertoire 1:45-2:45pm FH <i>Daniel Paredes</i>

UPCOMING SESSION DATES

FALL	Mon, Sep 14 - Sun, Nov 8 8 weeks
WINTER	Mon, Nov 9 - Sun, Jan 31 9 weeks
MIDWINTER	Mon, Feb 1 - Sun, Apr 4 8 weeks

LOCATION KEY

FH DC	5207 Wisconsin Ave NW Washington DC
NB MD	10511 Strathmore Hall St North Bethesda MD
RK MD	11711 Parklawn Dr Rockville MD
FC VA	255 West Falls Station Blvd Falls Church VA