



Capital Ballroom

Dance Studio

- BEGINNER GROUP CLASS
- DANCE CLASS & PRACTICE
- SOCIAL DANCE PARTY
- SPECIAL EVENT

JULY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7pm - 7:45pm BEGINNER WALTZ(1/4) 7:45pm - 8:30pm BEGINNER CHA CHA(1/4)	2 7:30pm - 9pm BALLROOM ROUNDS 9pm - 10:30pm LATIN ROUNDS	3	4 	5 7:30pm - 11pm SUNNY BALLROOM PARTY
6 5:30pm - 10pm SALSA UNDERGROUND	7 8pm - 12:30am MILONGA ZANDUNGA	8 7pm - 7:45pm BEGINNER WALTZ (2/4) 7:45pm - 8:30pm BEGINNER CHA CHA (2/4)	9 7:30pm - 9pm BALLROOM ROUNDS	10	11 7pm - 7:45pm SMOOTH TECHNIQUE 7:45pm - 8:30pm RHYTHM TECHNIQUE	12 7:30pm - 11pm SUNNY BALLROOM PARTY
13 6pm - 8pm ADVANCED BALLROOM	14 8pm - 12:30am MILONGA ZANDUNGA	15 7pm - 7:45pm BEGINNER WALTZ (3/4) 7:45pm - 8:30pm BEGINNER CHA CHA(3/4)	16 7:30pm - 9pm BALLROOM ROUNDS 9pm - 10:30pm LATIN ROUNDS	17	18 7pm - 7:45pm SMOOTH TECHNIQUE 7:45pm - 8:30pm RHYTHM TECHNIQUE	19 8pm - 12:30am MILONGA ZANDUNGA
20 5:30pm - 10pm SALSA UNDERGROUND	21 8pm - 12:30am MILONGA ZANDUNGA	22 7pm - 7:45pm BEGINNER WALTZ (4/4) 7:45pm - 8:30pm BEGINNER CHA CHA(4/4)	23 7:30pm - 9pm BALLROOM ROUNDS	24	25 7pm - 7:45pm SMOOTH TECHNIQUE 7:45pm - 8:30pm RHYTHM TECHNIQUE	26 7:30pm - 11pm SUNNY BALLROOM PARTY
27 6pm - 8pm ADVANCED BALLROOM	28 8pm - 12:30am MILONGA ZANDUNGA	29	30 7:30pm - 9pm BALLROOM ROUNDS 9pm - 10:30pm LATIN ROUNDS	31	➡ our SOCIAL DANCE contact: SLASA UNDERGROUND: 301-346-1199 MILONGA ZANDUNGA: 571-309-8957 SUNNY BALLROOM PARTY: 240-751-6889 COLLEGE NIGHT: DCBallroomCN@gmail.com	