



Capital Ballroom Dance Studio

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

JULY 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---------|--|--|--|--|
| VIRGINIA STATE DANCESPORT CHAMPIONSHIPS Studio Outing SATURDAY JULY 20 | 1 7pm - 7:45pm BEGINNER BACHATA (1/5) 8pm - 12:30am MILONGA ZANDUNGA | 2 | 3 7:30pm - 9pm BALLROOM ROUNDS 9pm - 10:30pm LATIN ROUNDS | 4  | 5 7pm - 7:45pm SMOOTH TECHNIQUE 7:45pm - 8:30pm RHYTHM TECHNIQUE | 6 7:30pm - 11pm  |
| 7 5:30pm - 10pm SALSA UNDERGROUND | 8 7pm - 7:45pm BEGINNER BACHATA (2/5) 8pm - 12:30am MILONGA ZANDUNGA | 9 | 10 7:30pm - 9pm BALLROOM ROUNDS | 11 | 12 7pm - 7:45pm SMOOTH TECHNIQUE 7:45pm - 8:30pm RHYTHM TECHNIQUE | 13 7:30pm - 11pm SUNNY BALLROOM PARTY |
| 14 6pm - 8pm BALLROOM DRILL PRACTICE | 15 7pm - 7:45pm BEGINNER BACHATA (3/5) 8pm - 12:30am MILONGA ZANDUNGA | 16 | 17 7:30pm - 9pm BALLROOM ROUNDS 9pm - 10:30pm LATIN ROUNDS | 18 | 19 7pm - 7:45pm SMOOTH TECHNIQUE 7:45pm - 8:30pm RHYTHM TECHNIQUE | 20 8pm STUDIO OUTING VIRGINIA STATE DANCESPORT CHAMPIONSHIPS 8pm - 12:30am MILONGA ZANDUNGA |
| 21 5:30pm - 10pm SALSA UNDERGROUND | 22 7pm - 7:45pm BEGINNER SALSA (4/5) 8pm - 12:30am MILONGA ZANDUNGA | 23 | 24 7:30pm - 9pm BALLROOM ROUNDS | 25 | 26 7pm - 7:45pm SMOOTH TECHNIQUE 7:45pm - 8:30pm RHYTHM TECHNIQUE | 27 7:30pm - 11pm SUNNY BALLROOM PARTY |
| 28 6pm - 8pm BALLROOM DRILL PRACTICE | 29 7pm - 7:45pm BEGINNER SALSA (5/5) 8pm - 12:30am MILONGA ZANDUNGA | 30 |  | | 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 | |