

Dance North Sessions Schedule

2023 - 2024 Season

MONDAY

FRIDAY

2023	Dance Style	2023	Dance Style
Sept 4	Salsa (1)	Sept 8	Cha Cha (1)
Sept 11	Salsa (2)	Sept 15	Cha Cha (2)
Sept 18	Salsa (3)	Sept 22	Cha Cha (3)
Sept 25	MFT Review	Sept 29	MFT Review
Oct 2	NC2 (1)	Oct 6	Fox Trot (1)
Oct 9	NC2 (2)	Oct 13	Fox Trot (2)
Oct 16	NC2 (3)	Oct 20	Waltz (1)
Oct 23	MFT Review	Oct 27	MFT Review
Oct 30	Swing (1) - Single & Triple Step	Nov 3	Rumba (1)
Nov 6	Swing (2) - Single & Triple Step	Nov 10	Rumba (2)
Nov 13	Swing (3) - Single & Triple Step	Nov 17	Rumba (3)
Nov 20	MFT Review	Nov 24	MFT Review
Nov 27	Two Step (1)	Dec 1	Tango (1) - N. American & Arg
Dec 4	Two Step (2)	Dec 8	Tango (2) - N. American & Arg
Dec 11	MFT Review	Dec 15	MFT Review
Dec 18th	Christmas Dance - All welcome	Dec 18th	Christmas Dance - All welcome
2024	Holiday Break	2024	Holiday Break
Jan 8	Hustle (1)	Jan 12	Rumba / Cha Cha Mix (1)
Jan 15	Hustle (2)	Jan 19	Rumba / Cha Cha Mix (2)
Jan 22	Hustle (3)	Jan 26	Rumba / Cha Cha Mix (3)
Jan 29	MFT Review	Feb 2	MFT Review
Feb 5	NC2 (1)	Feb 9	Waltz / Fox Trot Mix (1)
Feb 12	NC2 (2)	Feb 16	Waltz / Fox Trot Mix (2)
Feb 19	NC2 (3)	Feb 23	Waltz / Fox Trot Mix (3)
Feb 26	MFT Review	Mar 1	MFT Review
Mar 4	Swing - Single & Triple Step (1)	Mar 8	Tango - N. American & Arg (1)
Mar 11	Swing - Single & Triple Step (2)	Mar 15	Tango - N. American & Arg (2)
Mar 18	Swing - Single & Triple Step (3)	Mar 22	Tango - N. American & Arg (3)
Mar 25	MFT Review	Mar 29	MFT Review
Apr 1	Salsa (1)	Apr 5	Rumba / Cha Cha Mix (1)
Apr 8	Salsa (2)	Apr 12	Rumba / Cha Cha Mix (2)
Apr 15	Salsa (3)	Apr 19	Rumba / Cha Cha Mix (3)
Apr 22	MFT Review	Apr 26	MFT Review
Apr 29	Two Step (1)	May 3	Waltz / Fox Trot Mix (1)
May 6	Two Step (2)	May 10	Waltz / Fox Trot Mix (2)
May 13	Two Step (3)	May 17	Waltz / Fox Trot Mix (3)
May 20	MFT Review	May 24	MFT Review
May 27	End of Season - Open Dance Floor		
	NC2 = Night Club 2 Step		MFT = Musicality, Frame & Technique