



HOME OF THE RED HOT MAMAS • ADULT DANCE CLASSES  
LOUISE RASTU, DIRECTOR • ALIFETIMEOFDANCE.COM • LOUISE.TRHMTAP@GMAIL.COM • 631.680.4271

## **Fall Schedule 2026**

**Starts September 1st**

### **Monday**

10-11AM Dance Workout      11:30-12:30 Beg/Int Tap (2 yrs exp)

### **Tuesday**

9:30-1PM The Red Hot Mamas

**\*\*7-8PM Beg/Int Tap 2\*\*    \*\*8:00-9:00PM Fast Tap\*\***

**\*\* Don't Stop Dancin Location\*\***

### **Wednesday**

9:30-11:00AM The Red Hot Mamas 2

11:15-12:30PM Int Tap

### **Thursday**

9:30-10:30AM Slow Int Tap      10:30-11:00AM Silver Steppers Rehearsal

11:15-12:30PM Int Tap

1-2PM Beginner Tap

### **Friday**

9:45-10:45AM Adv Beginner Tap      11-12:15PM Ballet/Stretch

Classes \$25 "Pay As You Go"

Cash, Check or Zelle

Classes held at

Diamond Dance LI 275 Larkfield Rd E. Northport NY 11731    Don't Stop Dancin 138 W Jericho Tpke Hunt Sta NY 11746