

Ongoing Classes

Arts and Crafts Classes

Drawing

Saturday, 9:15 am—11:15 am

Learn to Draw with Kelly

Friday, 9:00 am—11:00 am

Photography

Wednesday 8:30 am—11:30 am
Thursday, 6:00 pm—8:00 pm

Quilting Circle

Friday, 10:00 am—4:00 pm

Watercolor for Adults

Tuesday, 9:00 am—12:00 pm

Watercolor For Fun

Monday, 8:30 am—12:00 pm

Miscellaneous

Rotary Club of Albuquerque

Tuesday's, 11:30 am-1:30 pm
2nd Tuesday 10:30 am—1:30 pm

Toastmasters (Sandia)

2nd and 4th Wednesday
5:30 pm—7:30 pm

Toastmasters "Off-the-cuff"

Third Wednesday of month
5:45 pm—7:15 pm

Northeast Area Command Community Police Council

2nd Tuesday of month
6:30 pm—9:00 pm

Health

Reversing Brain Drain

2nd Wednesday, 6:30 pm—7:30 pm

Chair Massage

Thursdays, 10:00 am—2:00 pm

GEHM Clinic

March 15, 9:00 am—1:00 pm

Ask the Drug Expert

Fridays, 9:00 am—10:30 am

Great Health, What's Food Got To Do With It?"

Wednesday March 7
7:00-8:00pm
Dr. Paul Williams
Contact :April Nolz
(406) 781-2868

Other

Milestones & History of Science/ Religion

1st Monday, 6:30 pm—8:30 pm

Wordwright's Writing

Monday, 1:30 pm—3:30 pm

Laughter Group

Wednesday, 10:15 am—11:00 am

Spanish: Beginning, Level 1

Saturday, 12:30 pm —1:30 pm

Spanish: Beginning, Level 2

Wednesday, 9:00 am—10:00 am

Spanish: Intermediate/Advanced

Wednesday, 10:30 am —11:30 am

French I & II

Wednesday, 11:00 am—12:15 pm
Wednesday, 1:00 pm—2:30 pm

Bible Oriented

Family Centered

Prayer Battle

Friday, 9:00 am—10:30 am

Bible Study

Wednesday, 9:00 am—10:00 am

Beginning Hebrew

Saturday, 1:00 pm—2:30 pm

Men's Bible Study

Monday, 9:00 am—10:30 am

Computer

Windows 10 & Word 2010 For Beginners

March 7, 8, 13, 14
9:45 am—12:00 pm

Fitness Classes

EnhanceFitness

Monday, Wednesday, Friday
8:05 am—9:05 am and 10:15 am—11:15 am

Tai Chi

Friday, 11:30 am—12:30 pm

Kendo

Wednesday, 6:45 pm—8:45 pm

Taekwondo

Monday, Tuesday and Thursday
7:15 pm—8:15 pm

Feldenkrais

Thursday, 9:30 am—10:30 am
Thursday, 6:00 pm—7:00 pm

Jazzercise: \$

Monday, 4:30 pm—5:30 pm
Monday, 5:40 pm—6:40 pm
Tuesday, 4:30 pm—5:30 pm
Wednesday & Thursday, 5:40—6:40 pm

Yoga

Monday, 9:00 am—10:00 am
Friday, 1:00 pm—2:00 pm

ZUMBA

Monday, Wednesday, Friday, 9:10 am-
10:10 am

ZUMBA

Tuesday, (GOLD)9:00—10:00am
Tuesday, 9:15 - 10:15am
Thursday, 9:15 - 10:10 am

Beginning Ballroom Dance

Thursday, 7:00 pm—8:00 pm
Saturday, 10:30 am—12:45 pm

Beginning Line Dance

Thursday, 1:30 pm—3:00 pm

Intermediate Line Dance

Tuesday, 5:45 pm—7:30 pm



North Domingo Baca Sports & Fitness Center Class Schedule

(updated 1/22/18)



Sat.	Mon.	Tues.	Wed.	Thurs.	Fri.
	Aerobics (Mia) 8:15-9:15a \$.50 donation	ZUMBA (Gaby) 9:15-10:15a	Aerobics (Mia) 8:15-9:15a \$.50 donation		Aerobics (Mia) 8:15-9:15a \$.50 donation
Chinese Folk Dance (All Ages) 9:00-11:00a Free	Gentle Exercise (Mia) 9:30-10:30a \$.50 donation	Flex & Tone IN SOCIAL HALL (Mia) 10:15-11:15a \$.50 donation	Gentle Exercise (Mia) 9:30-10:30a \$.50 donation	Flex & Tone IN SOCIAL HALL (Mia) 10:15-11:15a \$.50 donation	Gentle Exercise (Mia) 9:30-10:30a \$.50 donation
	Yoga (Beg./Int.) (Mindy) 10:45-11:45a \$6/class	Tai Chi (Theresa) 10:15-11:15a \$5/class	TVE QI-GONG WELLNESS 10:30-11:30a (Dimitri) \$20/4 consecutive classes	Yoga (Beg./Int.) (Mindy) 10:30-11:30a \$6/class	Kundalini Yoga & Meditation (Jenna) 11:00-12:30p \$10/class
	Closed 2:00-2:30p	Closed 2:00-2:30p		Closed 2:00-2:30p	Closed 2:00-2:30p
	Tribal Belly Dance (Lisa) 2:30-3:30p \$5/class	Mat Pilates (Ericka) 3:30-4:30p \$.50 donation		Chinese Folk Dance (All Ages) 2:30-4:00p Free	Hard Core Abs (Ericka) 4:00-4:30p \$.50 donation
	Crosstrain (Ericka) 4:00-4:30p \$.50 donation	Hula & Hawaiian Culture 4:45-5:45p \$5/class	Body Works Plus Abs (Ericka) 3:45-4:45p \$.50 donation		Belly Dance Foundations (Lisa) 5:00- 6:30p \$5/class
	Vinyasa Flow Yoga Mixed Levels (Misa) 5:45-6:45p \$5/class	Dance Fit (Ericka) 6:15-6:45p \$.50 donation			
		Aikido (Charles) 7:15-8:30p \$4/class	Aikido (Charles) 6:30-7:45p \$4/class	Aikido (Charles) 7:15-8:30p \$4/class	