



2026 | Yoga, Dance & Health Class Schedule

Pre-Registration Recommended via Convenient Mobile App

Body Mind Soul Professor Vera Quijano | BS, MS, MPA, RYT, TBI

Monday	Wednesday	1st & 3rd Friday	1st & 3rd Saturday
5:45 pm - 6:40 pm SUN & MOON SALUTATION YOGA	5:45 pm - 6:40 pm CORE STRENGTH & BALANCE YOGA	5:45 pm - 6:40 pm DEEP STRETCH <i>wine</i> down YOGA	
6:45 pm - 7:40 pm TAP DANCE <i>Beginner Friendly!</i>	6:45 pm - 7:40 pm SALSA DANCE <i>Beginner Friendly!</i>	7:00 pm - 7:40 pm LATIN DANCE Social & Potluck! ✓ Beginner MERENGUE 6/5 ✓ Beginner SALSA 6/19 ✓ Beginner CHA CHA 7/17 ✓ Beginner BACHATA 8/14 <u>OPTIONAL:</u> BYOB, wine, food, or biz cards for biz networking!	10:30 am - 12:30 pm CHAKRA YOGA 4 Health Workshops ✓ MENTAL <u>Air</u> Chakra 6/6 ✓ PHYSICAL <u>Earth</u> Chakra 6/20 ✓ EMOTIONAL <u>Water</u> Chakra 7/18 ✓ SPIRITUAL <u>Fire</u> Chakra 8/15 <i>22 Participant Maximum</i>
7:40 - 8:00 pm Practice	7:40 - 8:00 pm Practice	7:40 - 9:00 pm Dance Social	VeraQuijano.com/HEALTH

INTERMEDIATE SALSA DANCE Thursday Taught by Kyle & Amy

NEW! **6:45 pm - 7:40 pm** | 7:40 - 8:00 pm Practice

1st Time Try? Enter Code: **SAVE27** | **\$13/class**
Drop-In | **\$40/class**



15 Class Pack Deal | **\$25/class**
\$375 w/ +1 guest option!
∞ *Ask about special discounts* ∞



**Friendly Registration Help &
Mobile App Support:**

Contact Office Manager

Nina@PacificCombatArts.com

Text/Call (650) 670-6759

PACIFIC
COMBAT ARTS ACADEMY

1300 Elmer St | Belmont CA



SEE Class Descriptions: VeraQuijano.com | SUBSCRIBE Free Videos: [YouTube.com/@VeraQuijano](https://www.youtube.com/@VeraQuijano)