



# Cooking Classes

Need more info?

Check out our

**facebook**

Page for direct links, descriptions and pricing!

LIFE AT THE TABLE VIRTUAL

register for class @

<https://lifeatthetable.com/store/>

### Class Line Up

Elevate Your Cooking Skills

Saute' w/ the Best of Them

Sear It Here, Finish It There

All About Soup

Knock Out the Chop



**Elevate**  
**April 11**  
**2 PM**



**Saute'**  
**April 13**  
**2 PM**



**Sear It**  
**April 15**  
**12 PM**



**Sear It**  
**April 20**  
**12 PM**



**Knock Out**  
**April 25**  
**2 PM**



## BALLROOM FACTORY

*Dance Studio*

ENJOY DANCING FROM THE COMFORT OF YOUR HOME WITH VIRTUAL CLASSES FROM ACCLAIMED BALLROOM FACTORY

### FITNESS CLASSES

LA FIT

TUESDAYS @ 7 PM  
SATURDAYS @ 11 AM  
MORNING WARMUP  
THURSDAYS @ 11 AM

Register for these

**FREE**

Classes by logging on

### DANCE CLASSES

SALSA & BACHATA  
FRIDAYS @ 7 PM  
RUMBA & CHA CHA CHA  
WEDNESDAYS @ 8 PM

<https://ballroomfactory.com/full-group-class-schedule/>

JDC

Johnson  
DEVELOPMENT  
CORP.