



ADULT/ TEEN CLASSES

Our Goal is to empower women and girls through body positive, culturally authentic, technical dance and fitness classes. We believe when women spend time developing their body through performance arts and fitness they have better emotional and mental health. Difini women are empowered leaders in their community and home and are mixed-style Educators.

VEGAS SHOW GIRL (SAMBA) Ages 13+

Body positive Ladies Samba Styling Class.

Authentic, classic, vegas show girl styled dance theatre techniques with Rio Carnival Samba steps. Designed for all body types and dance abilities. Tribal, ballroom, and latin moves and footwork get you a great workout. Samba burns up to 500 calories per hour! The highest amount of any dance class type.



BURLESQUE DANCE THEATRE Ages 18+

Want to drop it like its hot like Beyonce, Rhianna, Ciara, Mya? Our Hip Hop/ Jazz Burlesque Dance Theatre class incorporates the use of umbrella's, canes, fans, boah's, and traditional musical theatre choreography.



CURVES & CHAIRS (HIP HOP/JAZZ) 18+

Body positive Burlesque Hip Hop/ R&B chair dance class..

Authentic, classic, vegas show girl styled dance theatre techniques. Designed for all body types and dance abilities. Get a great workout with sultury moves, strength building chair stunts, and hip hop infused dance choreography.



FLAMENCO HIP HOP LADIES STYLING CLASS 13+

Dance fiercely and freely to this hip hop infused Flamenco Ladies Styling Class. Learn traditional latin and stomp dance moves to exciting traditional flamenco music remixed with hip hop. This class will increase whole body strength and flexibility while incorporating dance theatre choreography.



TAHITAN HIP HOP LADIES STYLING CLASS 13+

The ultimate booty shaking class! Gain the flexibility and coordination of a belly dance, and samba class all in one. Improve your confidence and core strength, ditch the winter blues with island moves. Learn tahitan choreography fused with contemporary hip hop moves. We provide the hula skirts, and dance props.



TWERK N STEP LADIES STYLING CLASS 16+

Learn how to twerk and step like the Pro's! Twerking is the ultimate body workout, and is equivalent to 1 hour of pole dancing. Tone your entire body, while gaining confidence and better balance. Dance to afro-Caribbean, raggaeton, hip hop and RnB. Twerking IS classy. Twerking has been apart of cultural dance for centuries, and is thought to be one of the biggest expressions of reproductive health .



PUMP UP THE JAM 16+

The ladies of the 80's did it best! From jazzercise to resistance training, this program focuses on whole body balance. Improve your cardio vascular endurance, improve over-all muscle mass and tone, and increase your flexibility in just 6 weeks! Pump Up the Jam to hits from the 70's, 80's, 90's, 2000's and now remixed to give you good vibrations and keep you moving. This program is for all ages and abilities. How do we do this? Using a combination of kettle bells, free weights, resistance bands, and bosu balls!. All those top-selling DVD's from the 90's in one class! Feel free to dress in neon and tights ;)

