

*TEAL BLUE are FITNESS classes		*ORANGE are Session PROGRAMS			
*GREEN are DANCE classes					
<b>MAY 2024</b> Schedule					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
				10:30 Low Impact FitMIX Fitness w/LAUREN	10:00 STRONG WORKOUT w/Laura
EVENING CLASSES					
	5:30pm ZUMBA / CardioMIX Dance Cardio class that offers more than dancing. W/Loiver & Lauren	5:30pm LINE DANCING WORKSHOPS  Date TBA	5:30pm Sweat, Shake & Shine Dance Fitness  with Loiver		
6:30 LATINO Cardio-Dance WORKOUT  with Laura	6:30pm Line Dance Absolute Beginner/Beginner  with Lindsay	6:30pm Line Dance High Beginner  with Yovana	6:30pm LATIN LINE Shine SALSA  with Loiver	6:30pm LATIN DANCE WORKSHOPS - Date TBA  with Loiver	
7:30 STRONG - 30 WORKOUT  w/Laura	7:30pm LATIN LINE SHINE Bachata  with Loiver	7:30 Line Dance Improver/Intermediate  with Yovana	7:30pm PARTNER Latin Dance Class LEVEL 2  with Loiver		