

# In- Balance Dance Studio Monthly Class Schedule

			August 2025			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	2
3	4 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	5 CLOSED	6 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	7 TurboKick (HIIT) 10am-11am	8 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	9
10	11 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	12 CLOSED	13 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	14 TurboKick (HIIT) 10am-11am	15 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	16
17	18 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	19 CLOSED	20 CLOSED- Out of Town	21 CLOSED- Out of Town	22 CLOSED- Out of Town	23
24	25 CLOSED- Out of Town	26 CLOSED	27 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	28 TurboKick (HIIT) 10am-11am	29 Strength Training 10am-11am SilverSneakers Classic 1pm-2pm	30
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