

IN PERSON SCHDULE								
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		
<u>9:45am AFC Feasterville</u> <u>Zumba</u> <u>4pm WG YMCA PT</u> <u>5:30pm WG YMCA Zumba</u> <u>7:30pm Phoenix Rising</u> <u>Dance academy Zumba</u>		<u>8:30am WG YMCA Shapes</u> <u>10:15am NERC Body sculpt</u> <u>12pm AFC Feasterville</u> <u>Zumba Gold</u> <u></u>		<u>10:30am NERC Zumba</u> <u>1:30pm WG YMCA Line Dancing</u> <u>5:30pm AFC Feasterville Barre</u> <u></u> <u></u>		<u>8:30am WG YMCA Shapes</u> <u>10:15am WG YMCA Zumba Gold</u> <u>11:30am WG YMCA Zumba</u> <u>Gold</u> <u></u>		
FRIDAY			SATURDAY			SUNDAY		
<u>10:30am NERC Zumba Gold</u> <u>12pm AFC Feasterville Line Dancing</u> <u></u> <u></u> <u></u>			<u>9:30am AFC Feasterville Zumba</u> <u></u> <u></u> <u></u> <u></u>			<u></u> <u></u> <u></u> <u></u> <u></u>		

Hybrid Classes

Tuesday 12pm Zumba Gold

Wednesday 5:30pm Barre

Friday 12pm Line Dancing

Saturday 9:30am Zumba

Availability, participation options, and access details vary by class and location.

For registration information, virtual access, or class details contact Universal Movement3.



Universalmovement3@gmail.com