

SEPTEMBER 2025 Zumba Fitness & STRONG

SUN	MON	TUE	WED	THU	FRI	SAT
	1 CLOSED	2 Zumba 7:30PM Laurie/Lisa	3 STRONG 9:30AM Laurie/Lisa	4 Zumba 7:30PM Laurie/Lisa	5	6
7	8 Zumba 9:30AM Laurie/Lisa	9 Zumba 7:30PM Laurie/Lisa	10 STRONG 9:30AM Laurie/Lisa	11 Zumba 7:30PM Laurie/Lisa	12	13
14	15 Zumba 9:30AM Laurie/Lisa	16 Zumba 7:30PM Laurie/Lisa	17 STRONG 9:30AM Laurie/Lisa	18 Zumba 7:30PM Laurie/Lisa	19	20
21	22 Zumba 9:30AM Laurie/Lisa	23 Zumba 7:30PM Laurie/Lisa	24 STRONG 9:30AM Laurie/Lisa	25 Zumba 7:30PM Laurie/Lisa	26	27
28	29 Zumba 9:30AM Laurie/Lisa	30 Zumba 7:30PM Laurie/Lisa	First Class FREE! \$8/Class or 10 Session Punch Card \$55 STRONG Nation Classes bring a mat & 3-5lb weights CabarrusDance.com			
					704-782-1915	