November Zumba & STRONG 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Zumba 9:30AM Laurie/Lisa	3 Zumba 7:30PM Laurie/Lisa	4 STRONG 9:30AM Laurie/Lisa	5 Zumba 7:30PM Laurie/Lisa	6	7
8	9 Zumba 9:30AM Laurie/Lisa	10 Zumba 7:30PM Laurie/Lisa	11 STRONG 9:30AM Laurie/Lisa	12 Zumba 7:30PM Laurie/Lisa	13	14
15	16 Zumba 9:30AM Laurie/Lisa	17 Zumba 7:30PM Laurie/Lisa	18 STRONG 9:30AM Laurie/Lisa	19 Zumba 7:30PM Lisa	20	21
22	23 Zumba 9:30AM Laurie	24 Zumba 7:30PM Laurie	25 CLOSED	26 	27	28
29	30 Zumba 9:30AM Laurie					

Details

First Class FREE!
$8/Class or
10 Session
Punch Card $60

STRONG Nation
Bring a Mat,
Light Weights
& Gloves
Recommended

cabarrusdance.com
704-782-1915

CABARRUS Dance ACADEMY