

# MAY 2026 Zumba Fitness & STRONG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	
3	4 <b>Zumba</b> 9:30AM Laurie/Lisa	5 <b>Zumba</b> 7:30PM Laurie/Lisa	6 <b>STRONG</b> 9:30AM Laurie/Lisa	7 <b>Zumba</b> 7:30PM Laurie/Lisa	8	9	
10	11 <b>Zumba</b> 9:30AM Laurie/Lisa	12 <b>Zumba</b> 7:30PM Laurie/Lisa	13 <b>CLOSED</b>	14 <b>Zumba</b> 7:30PM Sarah	15	16	
17	18 <b>Zumba</b> 9:30AM Laurie/Lisa	19 <b>Zumba</b> 7:30PM Laurie/Lisa	20 <b>STRONG</b> 9:30AM Laurie/Lisa	21 <b>Zumba</b> 7:30PM Laurie/Lisa	22	23	
24	<b>CLOSED FOR VACATION</b>					29	30
31							

**CABARRUS**  
*Dance*  
**ACADEMY**

**First Class**  
**FREE!**  
**\$8/Class or**  
**10 Session**  
**Punch Card**  
**\$55**

**STRONG Nation**  
**Classes:**  
**Bring a**  
**Mat,**  
**Light Hand**  
**Weights &**  
**Gloves**  
**Recommended**

**cabarrusdance.com**  
**704-782-1915**