

July 2026 Zumba Fitness & STRONG

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 CLOSED	2 CLOSED	3	4
5	6 Zumba 9:30AM Lisa	7 Zumba 7:30PM Laurie/Lisa	8 STRONG 9:30AM Laurie/Lisa	9 Zumba 7:30PM Laurie	10	11
12	13 Zumba 9:30AM Laurie	14 Zumba 7:30PM Laurie/Lisa	15 STRONG 9:30AM Laurie/Lisa	16 Zumba 7:30PM Laurie/Lisa	17	18
19	20 Zumba 9:30AM Laurie/Lisa	21 Zumba 7:30PM Laurie/Lisa	22 STRONG 9:30AM Laurie/Lisa	23 Zumba 7:30PM Laurie/Lisa	24	25
26	27 CLOSED THIS WEEK!	28	29	30	31	

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

CABARRUS
Dance
 ACADEMY