



Zumba Fitness & STRONG

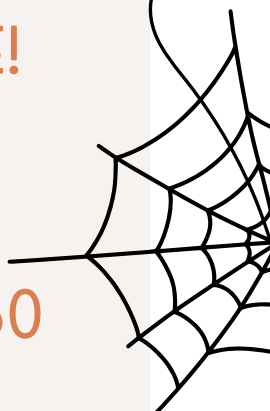
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Zumba 7:30PM Laurie/Lisa	2	3
4	5 Zumba 9:30AM Laurie/Lisa	6 Party in PINK! Zumbathon 7:30-9:00pm	7 STRONG 9:30AM Laurie/Lisa	8 Zumba 7:30PM Laurie/Lisa	9	10
11	12 Zumba 9:30AM Laurie/Lisa	13 Zumba 7:30PM Laurie/Lisa	14 STRONG 9:30AM Laurie/Lisa	15 Zumba 7:30PM Laurie/Lisa	16	17
18	19 Zumba 9:30AM Laurie	20 Zumba 7:30PM Laurie/Lisa	21 STRONG 9:30AM Laurie/Lisa	22 Zumba 7:30PM Sarah	23	24
25	26 Zumba 9:30AM Laurie/Lisa	27 Zumba 7:30PM Laurie/Lisa	28 STRONG 9:30AM Laurie/Lisa	29 Halloween GLOW Party! 7:30PM	30	31 

October 2026

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

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

cabarrusdance.com
704-782-1915



*Admission by Donation to Party in PINK - \$10 Suggested