

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 No Class Today	14 Zumba 7:30PM Laurie/Lisa	15 No Class Today	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