

July 2025 Zumba Fitness & STRONG

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED THIS WEEK!	2	3	4	5
6	7 Zumba 9:30AM Laurie/Lisa	8 Zumba 7:30PM Laurie/Lisa	9 STRONG 9:30AM Laurie/Lisa	10 Zumba 7:30PM Laurie/Lisa	11	12
13	14 Zumba 9:30AM Laurie	15 Zumba 7:30PM Laurie/Lisa	16 STRONG 9:30AM Laurie/Lisa	17 Zumba 7:30PM Laurie/Lisa	18	19
20	21 Zumba 9:30AM Lisa	22 Zumba 7:30PM Lisa	23 NO CLASS TODAY	24 Zumba 7:30PM Sarah	25	26
27	28 Zumba 9:30AM Laurie/Lisa	29 Zumba 7:30PM Laurie/Lisa	30 STRONG 9:30AM Laurie/Lisa	31 Zumba 7:30PM Laurie/Lisa		

Class Details

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

STRONG Nation
Classes: Bring a
Mat & Gloves
Recommended

cabarrusdance.com
704-782-1915

CABARRUS
Dance
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