



SPRING 2023 Schedule

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM	Cardio Salsa (Adults)		Barre fitness (Adults)			Tiny Dancers
10:00 AM	9:30 to 10:15 am		9:30 to 10:15 am			9:00 to 9:30 am
11:00 AM	Barre fitness (Adults)		Pound fitness (Adults)			Little Ballerinas
12:00 PM	10:30 to 11:15 am		10:30 to 11:15 am			9:45 to 10:30 am
1:00 PM						Little hip-hop dancer
2:00 PM						10:45 to 11:30 pm
3:00 PM						
4:00 PM						
5:00 PM			Generation Pound		Salsa Kids	
6:00 PM	Ballerinas 1		5:30 to 6:15 pm		5:30 to 6:15 pm	
7:00 PM	6:00 to 6:50 pm		Cardio Salsa (Adults)		Pound fitness (Adults)	
8:00 PM	Young Hip Hop Dancer		6:30 to 7:15 pm		6:30 to 7:15 pm	
9:00 PM	7:00 to 8:00 pm					