

*TEAL BLUE are FITNESS classes		*ORANGE are Session PROGRAMS		NOVEMBER 2024 <i>Schedule</i>	
*GREEN are DANCE classes		*PURPLE are classes taught with a VIRTUAL INSTRUCTOR			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
				10:30 SilverFIT / LOW Impact FitMIX Fitness w/Lauren	10:30 PowerFIT WORKOUT Yovana
EVENING CLASSES					
	5:30 AFRO-CUBAN Dance class Loiver	5:30 Zumba/CardioMIX Lauren/Loiver	5:30 LatinFIT Dance Fitness Class with Loiver	5:00 6-WEEK LATIN DANCE (Salsa & Bachata) Program with Loiver	
6:00pm 6- WEEK INTRO Line Dance Program (Oct 21) Lindsay	6:30pm Line Dance Beginner/High Beginner with Natalie	6:30pm Line Dance High Beginner/Improver with Yovana	6:30pm SALSA Dance Class Beginner 2 with Loiver	6:00pm 8-WEEK Bellydance foundation program LEVEL 2 with Dhara	
7:00pm Line Dance Class Absolute Beginner/Beginner with Lindsay	7:30pm Lady Style BACHATA Beginner 2 with Loiver	7:30pm Line Dance Improver Intermediate with Yovana	7:30pm PARTNER Bachata Dance Class LEVEL 2 with Loiver	7:00 BACHATA & SALSA Easy Beginner Level 1 with Loiver	
8:00pm LatinFIT Dance Fitness Class with Loiver	8:30pm 6-WEEK Salsa & Bachata Program Beginner with Loiver		8:30pm 6-WEEK PARTNER LATIN Dance Class Beginner with Loiver		

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