

JANUARY 2026

Schedule



SCAN QR image to go to Website

*TEAL BLUE are FITNESS classes	*ORANGE are Session PROGRAMS/COURSES
*GREEN are DANCE classes	*PURPLE class at the STUDIO with a Virtual Instructor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
				10:30 SilverFIT / Low Impact FitMIX Fitness	10:00 SOUL Line Dance Class Beginners
					11:00 6-Week Belly Dance Program (Beginner) JAN 17
					12:00 6-Week Belly Dance Program (Level 2) JAN 17
EVENING CLASSES					
			5:30 LatinFIT Dance Fitness Class	5:00 6-WEEKS PARTNER LATIN dance program (Beginner) JAN 16	
6:00pm 6-Weeks INTRO to Line Dance JAN 5	6:00pm FRENCH CLUB COUNTRY Line Dance	6:30pm Line Dance Beginner High Beginner	6:30pm Line Dance IMPROVER	6:30pm STYLING SALSA dance class	6:00 LatinFIT Dance Fitness Class
7:00pm 6-Weeks INTRO to Line Dance JAN 5	7:00pm FRENCH CLUB Line Dance Class Beginner	7:30pm STYLING Latin dance class BACHATA Lady style	7:30pm Line Dance INTERMEDIATE/ADV.	7:30pm BACHATA PARTNERS Level 2	7:00 SALSA & BACHATA Latin Dance Class Beginner
8:00 LatinFIT Dance Fitness Class		8:30 6-WEEKS LATIN Dance program (Beginner) JAN 13		8:30 6-WEEKS LATIN PARTNER Dance program (Beginner) JAN 15	8:00pm SALSA & BACHATA Easy Beginner Latin PARTNERS Level 1