

DECEMBER 2025 SCHEDULE Dec 1 to 18



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
					LAST CLASS DEC 12	
						11:00 BellyFIT Cardio Dance Fitness Workout
EVENING CLASSES						
			5:30pm 6-Weeks INTRO to Line Dance ENDS DEC 10	5:30 LatinFIT Dance Fitness Class		
6:00pm 6-Weeks INTRO to Line Dance ENDS DEC 8	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 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	
7:30 6-Weeks INTRO to Line Dance ENDS DEC 1		8:30 6-WEEKS LATIN Dance program (Beginner) ENDS DEC 16			8:00pm SALSA & BACHATA Easy Beginner Latin PARTNERS Level 1	