

NOVEMBER 2025

Schedule



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*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 w/Lauren		10:00 SOUL LINE Line Dance Class Beginners		
										11:00 BellyFIT Cardio Dance Fitness Workout		
EVENING CLASSES												
						5:30 LatinFIT Dance Fitness Class				12:00 4-WEEKS BELLY DANCE program Nov 8 to 29		
6:00pm 6-Weeks INTRO to Line Dance Nov 3	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				
	7:30 6-Weeks INTRO to LINE Dance Oct 27	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			
			8:30 6-WEEKS LATIN Dance program (Beginner) Nov 11th						8:00pm SALSA & BACHATA Easy Beginner Latin PARTNERS Level 1			