

**\*TEAL BLUE** are FITNESS classes

**\*ORANGE** are Session PROGRAMS

**\*GREEN** are DANCE classes

# April 2024

## Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>DAYTIME CLASSES</b>						
				10:30 Low Impact FitMIX Fitness w/LAUREN	10:00 STRONG WORKOUT w/Laura	
<b>EVENING CLASSES</b>						
5:30 6-week LINE DANCE Intro Program <small>Mar 18 to Apr 29 (No class Apr 1)</small>	5:30pm ZUMBA/CardioMIX <small>A Dance Cardio class that offers more than dancing. W/Loiver &amp; Lauren</small>		5:30pm Sweat, Shake & Shine Dance Fitness with Loiver			5:30pm 4-week BHANGRA Dance Program <small>Mar 17 to Apr 14 (no Class Mar 31)</small>
6:30 LATINO Cardio- Dance WORKOUT with Laura	6:30pm Line Dance Absolute Beginner/Beginner with Lindsay	6:30pm Line Dance High Beginner with Yovana	6:30pm LATIN LINE Shine SALSA with Loiver	6:30pm PARTNER Latin Dance Class Beginner with Loiver		
7:30 STRONG - 30 WORKOUT w/Laura	7:30pm LATIN LINE SHINE Bachata with Loiver	7:30 Line Dance Improver/Intermediate with Yovana	7:30pm PARTNER Latin Dance Class LEVEL 2 with Loiver	7:30 6-week Latin Dance Program <small>(Learn Bachata &amp; Salsa Basics) April 6</small>		