

OCTOBER 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 AFRO-CUBAN Dance class		5:30 LatinFIT Dance Fitness Class		
6:00 6-WEEKS LINE Dance program (Beginner) <small>Oct 27</small>	6:30pm Line Dance Beginner/High Beginner	6:30pm Line Dance High Beginner/Improver	6:30pm STYLING SALSA dance class	6:00 LatinFIT Dance Fitness Class	
7:00pm Line Dance Class Absolute Beginner/Beginner	7:30pm STYLING Latin dance class BACHATA Lady style	7:30pm Line Dance Improver/Inter/Adv	7:30pm BACHATA PARTNERS Level 2	7:00 Easy Beginner Latin Dance Foundations	
8:00 LatinFIT Dance Fitness Class	8:30 6-WEEKS LATIN Dance program (Beginner) <small>Sept 16</small>			8:00pm Beginner Latin PARTNERS Level 1	