

Fall 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes	Evening Classes					Morning Classes
Ballet/Tap Combo (AGES 3-5) 10:30–11:15am						Zumba 10:30–11:30am
Zumba® 11:30am–12:30pm					Ballet/Tap Combo (AGES 3-5) 4:30–5:15pm	Zumba Step & Tone 11:30am–12:30pm
	Zumba Toning 5:30–6:30pm	Zumba 5:30–6:15pm	Yoga 5:00–5:45pm	Zfit Kids - K-Pop/Tap Combo (AGES 7-11) 5:00–6:20pm	Ballet/Tap Combo (AGES 6-10) 5:30–6:30pm	
	Cardio Hip Hop 6:30–7:30pm	Zumba Step & Tone 6:30–7:30pm	Zumba 6:30–7:30pm	Zumba 6:30–7:30pm	 Check our Instagram account OR join our mailing list to stay up-to-date about pop-ups and other exciting events! Follow us @ zfit.studio	
	Barre Strength 7:30–8:30pm	Zumba 7:30–8:30pm	STRONG & Tone 7:30–8:30pm	Bellydance Fitness 7:30–8:30pm		