



# Summer 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	<b>Zumba®</b> 11:30–12:30pm		<b>Zumba</b> 10:30–11:30am	<b>Zumba Toning</b> 9:30–10:30am			<b>Zumba</b> 10:30–11:30am
							<b>Zumba Step &amp; Tone</b> 11:30–12:30pm
PM		<b>Zumba Toning</b> 5:30–6:30pm	<b>Zumba</b> 5:30–6:15pm	<b>Gentle Yoga</b> 5:00–5:45pm	<b>Zfit Kids Camp</b> 4:00–6:00pm  *Ages 5–11	 <p>Check our Instagram account OR join our mailing list to stay up-to-date about pop-ups and other exciting summer events!</p> <p>Follow us  zfit.studio</p>	
		<b>Throwback Cardio Fitness</b> 6:30–7:30pm	<b>Zumba Step &amp; Tone</b> 6:15–7:00pm	<b>Cardio Hip Hop</b> 6:00–7:00pm	<b>Zumba</b> 6:30–7:30pm		
		<b>Barre Strength</b> 7:30–8:30pm	<b>Zumba</b> 7:15–8:15pm	<b>STRONG Nation®</b> 7:00–8:00pm	<b>Bellydance Fitness</b> 7:30–8:30pm		