

JAMMIN' DANCE & FITNESS CENTER SCHEDULE - 2025

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00 -10:00 AM ZUMBA All Levels <i>Class Includes Toning</i>		9:00 -10:00 AM ZUMBA All Levels <i>Class Includes Toning</i>		9:00 -10:00 AM ZUMBA All Levels <i>Class Includes Toning</i>	
	11-11:45 ZUMBA CHAIR SPECIALTY CLASS <i>Senior Friendly</i>	<i>10:30-11:30</i> <i>All Inclusive Adults</i> Creative Dance & Zumba				** Dates TBA Saturday fun Day 10:30 - 12:00 <i>Dance-Craft-Games</i> Age 4 - up
	4:15 -4:45 pm Private	3:00 - 5:00 pm Youth Scottish Country <i>Start Date TBA</i>			3:30 - 4:15 pm Private Lessons	
	4:45 - 5:15 pm Creative Dance & Zumba Age 5 - 8		4:15-5:00 pm Mom and Me Tap 2			
			5:00 -6:00 PM Adult Tap Inter/Adv <i>Teens /Adults</i>	7:00 - 8:00 pm Adult Belly Dance By Vahana		Tea Dates!! <i>And other</i> themed Dates <i>coming!!!</i> TBA
	7:00- 8:00 pm Private class	7:00 - 8:00 pm Adult Belly Dance <i>By Vahana</i>	6:00 - 7:00 pm ZUMBA <i>Class Includes Toning</i>	8:00 - 9:00 pm Belly Dance Troupe <i>"Jewels of the North"</i>		

PLEASE NOTE:

No sign-up or registration fees. All classes at Jammin' Dance are managed independently by the Instructor. Please email dance@jammindance.com for questions, or contact information for the class you are interested in ~ Thanks!!