

JAMMIN' DANCE & FITNESS CENTER SCHEDULE 2020

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FIND US ON FACEBOOK - JAMMIN' DANCE AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	COMING SOON!	9:00-10:00 am ZUMBA <i>All Levels - Class Includes Toning</i> By Kay <i>Class held at Town Hall</i>	COMING SOON!	9:00-10:00 am ZUMBA <i>All Levels - Class Includes Toning</i> By Kay <i>Class held at Town Hall</i>	8:30-9:30 ZUMBA <i>Class Includes Toning</i> By Kay
	10:30 - 11:30 pm "All Inclusive" ZUMBA Message for start Date!		9:30 - 10:30 pm "All Inclusive" ZUMBA Message for start Date!		Instructor Contact:
3:30 - 4:30 pm Beg. Lyrical By Joellene <i>Ages: 8 - up</i>	COMING SOON! 11:45 - 12:30 pm "Chair" ZUMBA Message for start Date!	Please Contact Instructor for info: Baby/Toddler Ballet By Joellene <i>Ages: 3 - 6</i>	COMING SOON! 10:45 - 11:30 am Chair ZUMBA Message for start Date!	3:30 - 4:30 pm Beg. Hip Hop By Joellene <i>Ages: 6-10</i>	Zumba, Tap Creative Dance: Kay Lenhart dance@jammindance.com
4:30 - 5:30 pm Inter/Adv Lyrical By Joellene <i>Ages: Teen 13 - up</i>	2:30 - 5:00 pm Scottish Country By The Corrigan's <i>Children's Class</i>	2:30 - 3:30 pm Ballet I By Joellene <i>Ages: 6 - 9</i>		4:30 - 5:30 pm Inter/Adv Hip Hop By Joellene <i>Ages: Teen 10 - up</i>	Belly Dance: Valerie Baker aka, Vahana dancingesquire@yahoo.com
	5:00 - 5:30 pm Youth Tap II By Kay <i>Ages: 8 - up</i>	3:30 - 4:30 pm Ballet I/II By Joellene <i>Ages: 8 - up</i>	5:30 - 6:00 pm COMING SOON! "Family" Zumba Classes starting in Spring	5:30 - 6:30 pm Pumps - Jazz By Joellene <i>Teen - Adults</i>	Ballet, Lyrical, Hip Hop: Joellene Vakulich vjoellene@yahoo.com
	5:30 - 6:00 pm KidsTeam Z Zumba By Kay <i>Ages 7 - up</i>	4:30 - 5:30 pm Ballet and Point By Joellene <i>Ages: Teen - Adult</i>	6:00 - 7:00 pm Youth Belly Dance By Vahana <i>Ages: 7 - 15</i>		Scottish Country: Jeffery and Patsy Corrigan pkcorrigan@aol.com
6:30 - 7:15 pm Aqua Zumba All Levels <i>Held at Lindberg Swim Club</i>	6:00 - 6:30 pm Youth Tap II By Kay <i>Ages: 5 - up</i>	5:30 - 6:30 pm ZUMBA All Levels <i>Class Includes Toning</i> By Kay	7:00 - 8:00 pm Adult Belly Dance By Vahana <i>Ages: Teen - Adults</i>	7:00 - 8:00 pm Swing Dance By the Trainors <i>Singles/Couples Welcome!</i>	Swing: Dan & Sheryl Trainor placerville.swing@comcast.net
7:30 - 8:30 pm Adult Tap - Beg By Kay <i>Ages: Teen - Adult</i>	7:00 - 8:00 pm Adult Belly Dance By Vahana <i>Ages: Teen - Adults</i>	6:30 - 7:30 pm Adult Tap II By Kay <i>Ages: Teen - Adult</i>	8:00 - 9:00 pm Belly Dance Troupe "Jewels of the North" By Vahana		Buti Yoga: Angela Garcia calliopegirl09@gmail.com

PLEASE NOTE:

Our schedule has been adapted to comply with social distancing requirements. Some classes have been removed from the schedule, and will be added, once they can accommodate students in a safe environment. Please contact the instructor of the class, before returning to your class for any changes and additional instructions that may be required before joining and/or returning to our studio. Thank You!!