

JAMMIN' DANCE & FITNESS CENTER SCHEDULE 2022

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FIND US ON FACEBOOK - JAMMIN' DANCE AND FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 -10:00 AM ZUMBA Anytime Fitness Class	9:00 -10:00 AM ZUMBA All Levels Class Includes Toning		9:00 -10:00 AM ZUMBA All Levels Class Includes Toning		9:00 -10:00 AM ZUMBA All Levels Class Includes Toning	9:00 -10:00 AM ZUMBA Anytime Fitness Class
	11-11:45 ZUMBA CHAIR SPECIALTY CLASS Senior Friendly	10:30-11:30 All Inclusive Adults Creative Dance & Zumba	10:30 -11:30 AM ZUMBA GOLD Anytime Fitness Class			
	3:30 - 4:00 pm Youth Tap Private	3:00 - 5:00 pm Youth Scottish Country Start Date TBA	Coming soon!	4:30 - 5:30 pm Contemporary Dance By Taryn Ages 12 - up		
	4:00 - 4:30 pm KidsTeam Z Zumba ----- 4:30 - 5:00 pm Creative Dance & Parents too!		CreativeDance & Art Ages: 2.5 - 6 Please email for wait list	6:00 - 7:00 pm Youth Belly Dance Ages: 7 - 15		Tea Parties And other themed parties coming!!! Dates TBA
	5:30 -6:30 PM ZUMBA Anytime Fitness Class	5:30 -6:30 PM ZUMBA Anytime Fitness Class	5:00 -6:00 PM ZUMBA All Levels Class Includes Toning	7:00 - 8:00 pm Adult Belly Dance By Vahana		Celebrate Birthday Parties Here! Contact us for more information!
	7:00- 8:00 pm Private class	7:00 - 8:00 pm Adult Belly Dance By Vahana	6:00 - 7:00 pm Adult Tap II By Kay Ages:Teen - Adult	8:00 - 9:00 pm Belly Dance Troupe "Jewels of the North"		Need a DJ.? We do weddings, parties, etc We can also provide live music....we will travel!

PLEASE NOTE:

Our schedule has been adapted to comply with social distancing requirements. Some classes are on hold and will Resume , once they can accommodate students in a safe environment. Please contact the studio, for more information and additional Instructions that may be required before joining and/or returning to our studio. Thank You!!