

Just Dance & Fitness Studio



1060 E. Industrial Drive, Ste T Orange City, FL 32763
 386-473-5008
 Justdance4fitness@gmail.com

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF	11:30 am Y-SF
6	7	8	9	10	11	12
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	6:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF	11:30 am Y-SF
13	14	15	16	17	18	19
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	6:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF	11:30 am Y-SF
20	21	22	23	24	25	26
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	6:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF 2:00 pm Master Class with Lo	11:30 am Y-SF
27	28	29	30	31		
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	6:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre		



Dance Fitness Classes: Monthly Auto-Renew Membership \$35/ Monthly Membership \$40/ Walk-in \$5
 (Includes Zumba®, Zumba® Toning, STRONG by Zumba®, Barre above®, and Core & More)
 Family Yoga \$30 for month of May 2018 Yoga Slow Flow: \$5

notes

Zumba Fitness
 Zumba Toning
 STRONG By Zumba
 Core and More
 Barre above
 Family Yoga
 Yoga- Slow Flow

(ZF)
 (ZT)
 (SBZ)
 (C&M)
 (BARRE)
 (FY)
 (Y-SF)

Jennie Ngo, Tracy Rodriguez
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 Jennie Ngo
 Eileen Simoneau
 Cayla Stone

For Class descriptions please visit our website www.justdance4fitness.com