

# JAMMIN' DANCE & FITNESS CENTER SCHEDULE 2020

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FIND US ON FACEBOOK - JAMMIN' DANCE AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>COMING SOON!</b>	9:00-10:00 am <b>ZUMBA</b> <i>All Levels - Class Includes Toning</i>	<b>COMING SOON!</b>	9:00-10:00 am <b>ZUMBA</b> <i>All Levels - Class Includes Toning</i> By Kay	Classes are limited to accommodate social distance Please contact instructor for more info before coming to the studio ~
	10:30 - 11:30 pm <b>"All Inclusive" ZUMBA</b> Message for start Date!	<b>COMING SOON</b> <b>ZUMBINI</b> Message for start Date! <i>Ages: 0 - 4</i>	9:30 - 10:30 pm <b>"All Inclusive" ZUMBA</b> Message for start Date!		<b>Instructor Contact:</b>
3:30 - 4:30 pm <b>Beg. Lyrical</b> By Joellene <i>Ages: 8 - up</i>	<b>COMING SOON!</b> 11:45 - 12:30 pm <b>"Chair" ZUMBA</b> Message for start Date!	<b>Please Contact Instructor for info:</b> <b>Baby/Toddler Ballet</b> By Joellene <i>Ages: 3 - 6</i>	<b>COMING SOON!</b> 10:45 - 11:30 am <b>Chair ZUMBA</b> Message for start Date!	3:30 - 4:30 pm <b>Beg. Hip Hop</b> By Joellene <i>Ages: 6-10</i>	Zumba, Tap Creative Dance: Kay Lenhart <a href="mailto:dance@jammindance.com">dance@jammindance.com</a>
4:30 - 5:30 pm <b>Inter/Adv Lyrical</b> By Joellene <i>Ages: Teen 13 - up</i>	2:30 - 5:00 pm <b>Scottish Country</b> By The Corrigans <i>Children's Class</i>	2:30 - 3:30 pm <b>Ballet I</b> By Joellene <i>Ages: 6 - 9</i>		4:30 - 5:30 pm <b>Inter/Adv Hip Hop</b> By Joellene <i>Ages: Teen 10 - up</i>	Belly Dance: Valerie Baker aka, Vahana <a href="mailto:dancingesquire@yahoo.com">dancingesquire@yahoo.com</a>
	5:00 - 5:30 pm <b>Youth Tap II</b> By Kay <i>Ages: 8 - up</i>	3:30 - 4:30 pm <b>Ballet I/II</b> By Joellene <i>Ages: 8 - up</i>	5:30 - 6:00 pm <b>COMING SOON!</b> <b>"Family" Zumba</b> Message for start Date!	5:30 - 6:30 pm <b>Pumps -Jazz</b> By Joellene <i>Teen - Adults</i>	Ballet, Lyrical, Hip Hop: Joellene Vakulich <a href="mailto:vjoellene@yahoo.com">vjoellene@yahoo.com</a>
	5:30 - 6:00 pm <b>KidsTeam Z Zumba</b> By Kay <i>Ages 7 - up</i>	4:30 - 5:30 pm <b>Ballet and Point</b> By Joellene <i>Ages: Teen - Adult</i>	6:00 - 7:00 pm <b>Youth Belly Dance</b> By Vahana <i>Ages: 7 - 15</i>		Scottish Country: Jeffery and Patsy Corrigan <a href="mailto:pkcorrigan@aol.com">pkcorrigan@aol.com</a>
6:30 - 7:15 pm <b>Aqua Zumba</b> <i>All Levels</i> <i>Held at Lindberg Swim Club</i>	6:00 - 6:30 pm <b>Youth Tap II</b> By Kay <i>Ages: 5 - up</i>	5:30 - 6:30 pm <b>ZUMBA</b> <i>All Levels</i> <i>Class Includes Toning</i> By Kay	7:00 - 8:00 pm <b>Adult Belly Dance</b> By Vahana <i>Ages: Teen - Adults</i>	7:00 - 8:00 pm <b>Swing Dance</b> By the Trainers <i>Singles/Couples Welcome!</i>	Swing: Dan & Sheryl Trainor <a href="mailto:placerville.swing@comcast.net">placerville.swing@comcast.net</a>
7:30 - 8:30 pm <b>Adult Tap - Beg</b> By Kay <i>Ages: Teen - Adult</i>	7:00 - 8:00 pm <b>Adult Belly Dance</b> By Vahana <i>Ages: Teen - Adults</i>	6:30 - 7:30 pm <b>Adult Tap II</b> By Kay <i>Ages: Teen - Adult</i>	8:00 - 9:00 pm <b>Belly Dance Troupe</b> "Jewels of the North" By Vahana		Buti Yoga: Angela Garcia <a href="mailto:calliopegirl09@gmail.com">calliopegirl09@gmail.com</a>

**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!!**