

# JAMMIN' DANCE & FITNESS CENTER SCHEDULE 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 -10:00 AM <b>ZUMBA</b> <i>Anytime Fitness Class</i>	9:00 -10:00 AM <b>ZUMBA</b> <b>All Levels</b> <i>Class Includes Toning</i>		9:00 -10:00 AM <b>ZUMBA</b> <b>All Levels</b> <i>Class Includes Toning</i>		9:00 -10:00 AM <b>ZUMBA</b> <b>All Levels</b> <i>Class Includes Toning</i>	9:00 -10:00 AM <b>ZUMBA</b> <i>Anytime Fitness Class</i>
	11-11:45 <b>ZUMBA CHAIR</b> <b>SPECIALTY CLASS</b> <i>Senior Friendly</i>	10:30-11:30 <i>All Inclusive Adults</i> <b>Creative Dance &amp; Zumba</b>	10:30 -11:30 AM <b>ZUMBA GOLD</b> <i>Anytime Fitness Class</i>			
	3:30 - 4:00 pm <b>Youth Tap</b> <b>Private</b>	3:00 - 5:00 pm <b>Youth Scottish Country</b> <i>Start Date TBA</i>				
	4:00 - 4:30 pm <b>Family Zumba</b>			6:00 - 7:00 pm <b>Youth Belly Dance</b> <i>Ages: 7 - 15</i>		<b>Tea Parties</b> <i>And other themed parties coming!!!</i> <b>Dates TBA</b>
	4:30 - 5:00 pm <b>Creative Dance</b>					
	5:30 -6:30 PM <b>ZUMBA</b> <i>Anytime Fitness Class</i>	5:30 -6:30 PM <b>ZUMBA</b> <i>Anytime Fitness Class</i>	5:00 -6:00 PM <b>ZUMBA</b> <b>All Levels</b> <i>Class Includes Toning</i>	7:00 - 8:00 pm <b>Adult Belly Dance</b> <b>By Vahana</b>		<b>Celebrate Birthday Parties Here!</b> <i>Contact us for more information!</i>
	7:00- 8:00 pm <b>Private class</b>	7:00 - 8:00 pm <b>Adult Belly Dance</b> <i>By Vahana</i>	6:00 - 7:00 pm <b>Adult Tap II</b> <i>By Kay</i> <i>Ages: Teen - Adult</i>	8:00 - 9:00 pm <b>Belly Dance Troupe</b> <i>"Jewels of the North"</i>		Need a P.A., D.J. or Live Music? We book weddings, parties, events, and more...

**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!!**