

# JAMMIN' DANCE & FITNESS CENTER SCHEDULE 2020

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FIND US ON FACEBOOK - JAMMIN' DANCE AND FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 am <b>ZUMBA</b> <i>All Levels - Class Includes Toning</i> <b>By Kay</b> <i>Class held at Town Hall</i>	<b>NEW!!</b> 9:00-10:00 am <b>BUTI Yoga Class</b> <i>All Levels</i> <b>By Angela Garcia</b>	9:00-10:00 am <b>ZUMBA</b> <i>All Levels - Class Includes Toning</i> <b>By Kay</b> <i>Class held at Town Hall</i>		9:00-10:00 am <b>ZUMBA</b> <i>All Levels - Class Includes Toning</i> <b>By Kay</b> <i>Class held at Town Hall</i>	8:30-9:30 <b>ZUMBA</b> <i>Class Includes Toning</i> <b>By Kay</b>
	10:30 - 11:30 pm <b>"All Inclusive"</b> <b>ZUMBA</b> <b>By Kay</b>		9:30 - 10:30 pm <b>"All Inclusive"</b> <b>ZUMBA</b> <b>By Kay</b>		
12:00 - 2:30 pm <b>Reserved for Private Lessons</b>	11:45 - 12:30 pm <b>"Chair" ZUMBA</b> <b>By Kay</b> <i>Lower Impact</i>	10:30am - 11:30 am <b>Reserved for Private Lessons</b>	10:45 - 11:30 am <b>Chair ZUMBA</b> <b>By Kay</b> <i>Lower Impact</i>	10:30am - 12:30 pm <b>Reserved for Private Lessons</b>	<b>NEW!!</b> 9:30-10:30 am <b>BUTI Yoga Class</b> <b>By Angela Garcia</b>
3:30 - 4:30 pm <b>Beg. Lyrical</b> <b>By Joellene</b> <i>Ages: 8 - up</i>		11:30 am - 12:00 pm <b>Baby/Toddler Ballet</b> <b>By Joellene</b> <i>Ages: 3 - 6</i>	4:30 - 5:30 pm <b>Reserved for Private Lessons</b>	3:30 - 4:30 pm <b>Beg. Hip Hop</b> <b>By Joellene</b> <i>Ages: 6 - 10</i>	<b>Creative FUN Day</b> Art•Craft•Dance•Games <b>By Kay</b>  Class is held once a month, on the 4th Saturday of the month 10:30 am-12:30 pm
4:30 - 5:30 pm <b>Inter/Adv Lyrical</b> <b>By Joellene</b> <i>Ages: Teen 13 - up</i>	2:30 - 5:00 pm <b>Scottish Country</b> <b>By The Corrigan's</b> <i>Children's Class</i>	2:30 - 3:30 pm <b>Ballet I</b> <b>By Joellene</b> <i>Ages: 6 - 9</i>	5:00 - 5:30 pm <b>Creative Dance I</b> <b>By Kay</b> <i>Ages: 3 - 6</i>	4:30 - 5:30 pm <b>Inter/Adv Hip Hop</b> <b>By Joellene</b> <i>Ages: Teen 10- up</i>	
	5:00 - 5:30 pm <b>Youth Tap II</b> <b>By Kay</b> <i>Ages: 8 - up</i>	3:30 - 4:30 pm <b>Ballet I/II</b> <b>By Joellene</b> <i>Ages: 8 - up</i>	5:30 - 6:00 pm <b>COMING SOON!</b> <b>"Family" Zumba</b> <b>Classes starting in Spring</b>	5:30 - 6:30 pm <b>Pumps -Jazz</b> <b>By Joellene</b> <i>Teen - Adults</i>	<b>New Studio Parties</b> <b>Coming soon.....</b>  February Cookie Decorating & Dance March Butterflies & Tierras <i>Reserve your spot before they fill!</i>
6:00 - 6:30 pm <b>"Chair" ZUMBA</b> <b>By Kay</b>	5:30 - 6:00 pm <b>Kids Zumba</b> <b>By Kay</b> <i>Ages 7 - up</i>	4:30 - 5:30 pm <b>Ballet and Point</b> <b>By Joellene</b> <i>Ages: Teen - Adult</i>	6:00 - 7:00 pm <b>Youth Belly Dance</b> <b>By Vahana</b> <i>Ages: 7 - 15</i>		
6:30 - 7:30 pm <b>Zumba</b> <i>All Levels</i> <i>Class Includes Toning</i> <b>By Kay</b>	6:00 - 6:30 pm <b>Youth Tap II</b> <b>By Kay</b> <i>Ages: 5 - up</i>	5:30 - 6:30 pm <b>ZUMBA</b> <i>All Levels</i> <i>Class Includes Toning</i> <b>By Kay</b>	7:00 - 8:00 pm <b>Adult Belly Dance</b> <b>By Vahana</b> <i>Ages: Teen - Adults</i>	7:00 - 8:00 pm <b>Swing Dance</b> <b>By the Trainors</b> <i>Singles/Couples Welcome!</i>	
6:30 - 7:30 pm <b>Adult Tap - Beg</b> <b>By Kay</b> <i>Ages: Teen - Adult</i>	<b>Coming soon.....</b> <b>Evening Yoga!!!</b>	6:30 - 7:30 pm <b>Adult Tap II</b> <b>By Kay</b> <i>Ages: Teen - Adult</i>	8:00 - 9:00 pm <b>Belly Dance Troupe</b> <b>"Jewels of the North"</b> <b>By Vahana</b>		