

Jammin' Dance & Fitness Studio Schedule 2026

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00 Pilates with Kristen		8:00-9:00 Pilates with Kristen		8:00-9:00 Pilates with Kristen	8:00-1:30 Reserved
	9:00-10:00 Zumba with <i>Kay</i> <i>Class includes Toning</i>	9:00-10:00 Reserved	9:00-10:00 Zumba with <i>Kay</i> <i>Class includes Toning</i>	9:00-10:00 Reserved	9:00-10:00 Zumba with <i>Kay</i> <i>Class includes Toning</i>	
	10:10-10:50 <i>Specialty Class</i> Chair Zumba with <i>Kay</i> <i>**Senior Friendly</i>	10:30-11:30 <i>All Inclusive Adults</i> Dance & Zumba with <i>Kay</i>	10:10-10:50 <i>Specialty Class</i> Chair Zumba with <i>Kay</i> <i>**Senior Friendly</i>	3:30-4:30 Lyrical II with <i>Joellene</i>	11:00-12:00 Adult Hip-Hop with <i>Joellene</i>	
	11:00-12:00 Line Dancing with <i>Joellene</i>	12:00-2:00 Reserved	3:00-4:00 Ballet/lyrical I/II with <i>Joellene</i>	4:30-5:00 Tumbling 2.5-4.5 with <i>Joellene</i>		
3:00-7:00 Reserved	3:30-4:30 Ballet II with <i>Joellene</i>	2:30-3:30 Ballet II with <i>Joellene</i>	4:00-5:00 Advanced Discovery with <i>Joellene</i>	5:00-6:00 Pre-Discovery /I with <i>Joellene</i>		
	4:30-5:15 Creative Dance Tap & Zumba with <i>Kay</i>	3:30-4:30 Hip-Hop I/II with <i>Joellene</i>	5:00-6:00 Adult Tap Int/Adv with <i>Kay</i>	6:00-7:00 Reserved	6:00-8:00 Latin Zumba with <i>Esther</i>	
	5:15-6:30 Mom&Me Tap Dance II with <i>Kay</i>	4:30-5:30 Contemporary I/II with <i>Joellene</i>	6:00-7:00 Zumba with <i>Kay</i>	7:00-8:00 Adult Belly Dance with <i>Vahana</i>		
	6:30-7:30 Latin Zumba with <i>Esther</i>	7:00-9:00 Adult Belly Dance with <i>Vahana</i>	7:00-9:00 Private Class	8:00-9:00 Belly Dance Troupe "Jewels of the North"		
	8:00-9:00 Reserved					