

To receive daily reminders and updates
text bailacomigo to (413)339-3112

msg&data rates may apply
SUNDAY To resubscribe just text START
MONDAY

OCTOBER 2019

Note class type changes in RED

NOTE: Zumba Step and STRONG by Zumba are limited to 25 people per class and will be filled on a first come, first served basis. No sign up required.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

22 9:00am Zumba	23 9:00am Zumba/Hip Hop Shuffle 5:30pm Zumba Toning 7:00pm Zumba/Hip Hop Shuffle	24 9:00am Hip Hop 5:30pm Zumba 7:00pm STRONG by Zumba (1)	25 9:00am Zumba Toning 5:30pm Zumba Step 7:00pm Zumba	26 9:00am Zumba 5:30pm STRONG by Zumba (2) 7:00pm Zumba Toning	27 9:00am Zumba Step 5:30pm Hip Hop	28 9:00am STRONG by Zumba (3) 10:00am Zumba Kids (ages 4-10)
29 9:00am Zumba	30 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	1 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (2)	2 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	3 9:00am Zumba 5:15pm STRONG by Zumba (3) 6:30pm Zumba Toning	4 9:00am Zumba Step 5:15pm NO CLASS 7:00pm Burlesque Party in Pink Zumbathon (ages 18+) \$10 Donation	5 9:00am STRONG by Zumba (1) 10:00am Zumba Kids (ages 4-10)
6 9:00am Zumba	7 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	8 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (3)	9 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	10 9:00am Zumba 5:15pm STRONG by Zumba (1) 6:30pm Zumba Toning	11 9:00am Zumba Step 5:15pm Hip Hop	12 9:00am STRONG by Zumba (2) 10:00am Zumba Kids (ages 4-10)
13 9:00am Zumba	14 COLUMBUS DAY 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	15 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (1)	16 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	17 9:00am Zumba 5:15pm STRONG by Zumba (2) 6:30pm Zumba Toning	18 9:00am Zumba Step 5:15pm Hip Hop	19 9:00am Zumba 10:00am NO CLASS 4:30-6:30pm FERRIS & FRIENDS 7TH ANNUAL TRUNK OR TREAT (ask Ana for details)
20 9:00am Zumba	21 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	22 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (2)	23 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	24 9:00am Zumba 5:15pm STRONG by Zumba (3) 6:30pm Zumba Toning	25 9:00am Zumba Step 5:15pm Hip Hop	26 9:00am STRONG by Zumba (1) 10:00am Zumba Kids (ages 4-10)
27 9:00am Zumba	28 9:00am Zumba/Hip Hop Shuffle 5:15pm Zumba Toning 6:30pm Zumba/Hip Hop Shuffle (Lights Out)	29 9:00am Hip Hop 5:15pm Zumba 6:30pm STRONG by Zumba (3)	30 9:00am Zumba Toning 5:15pm Zumba Step 6:30pm Zumba	31 HALLOWEEN 9:00am Zumba 5:15pm NO CLASS 6:30pm NO CLASS	1 9:00am Zumba Step 5:15pm Hip Hop	2 9:00am STRONG by Zumba (2) 10:00am Zumba Kids (ages 4-10)

Schedule subject to change at any time. Please check back frequently.