

To receive daily reminders and updates
text bailacomigo to (413)339-3112
msg&data rates may apply

AUGUST 2019

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.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Note class type changes in RED				1 9:00am Zumba 5:30pm Zumba in the Circuit 7:00pm Zumba Toning	2 9:00am Zumba Toning 5:30pm Hip Hop	3 9:00am STRONG by Zumba
4 9:00am Zumba	5 9:00am Zumba/Hip Hop Shuffle 5:30pm Zumba Toning 7:00pm Zumba/Hip Hop Shuffle (Lights Out)	6 9:00am Hip Hop 5:30pm Zumba 7:00pm STRONG by Zumba	7 9:00am Zumba Toning 5:30pm Zumba Step 7:00pm Zumba	8 9:00am Zumba 5:30pm STRONG by Zumba 7:00pm Zumba Toning	9 9:00am Zumba Step 5:30pm Hip Hop	10 9:00am STRONG by Zumba
11 9:00am Zumba	12 9:00am Zumba/Hip Hop Shuffle 5:30pm Zumba Toning 7:00pm Zumba/Hip Hop Shuffle (Lights Out)	13 9:00am Hip Hop 5:30pm Zumba 7:00pm STRONG by Zumba	14 9:00am Zumba Toning 5:30pm Zumba Step 7:00pm Zumba	15 9:00am Zumba 5:30pm STRONG by Zumba 7:00pm Zumba Toning	16 9:00am Zumba Step 5:30pm Hip Hop	17 9:00am STRONG by Zumba
18 9:00am Zumba	19 9:00am Zumba/Hip Hop Shuffle 5:30pm Zumba Toning 7:00pm Zumba/Hip Hop Shuffle (Lights Out)	20 9:00am Hip Hop 5:30pm Zumba 7:00pm STRONG by Zumba	21 9:00am Zumba Toning 5:30pm Zumba Step 7:00pm Zumba	22 9:00am Zumba 5:30pm STRONG by Zumba 7:00pm Zumba Toning	23 9:00am Zumba Step 5:30pm Hip Hop	24 9:00am STRONG by Zumba
25 9:00am Zumba	26 9:00am Zumba/Hip Hop Shuffle 5:30pm Zumba Toning 7:00pm Zumba/Hip Hop Shuffle (Lights Out)	27 9:00am Hip Hop 5:30pm Zumba 7:00pm STRONG by Zumba	28 9:00am Zumba Toning 5:30pm Zumba Step 7:00pm Zumba	29 9:00am Zumba 5:30pm STRONG by Zumba 7:00pm Zumba Toning	30 9:00am Zumba Step 5:30pm Hip Hop	31 9:00am STRONG by Zumba
1 9:00am Zumba	2 LABOR DAY 9:00am Zumba/Hip Hop Shuffle 5:30pm NO CLASS 7:00pm NO CLASS	3 9:00am Hip Hop 5:30pm Zumba 7:00pm STRONG by Zumba	4 9:00am Zumba Toning 5:30pm Zumba Step 7:00pm Zumba	5 9:00am Zumba 5:30pm STRONG by Zumba 7:00pm Zumba Toning	6 9:00am Zumba Step 5:30pm Hip Hop	7 9:00am STRONG by Zumba 10:00am Zumba Kids (ages 4-10)

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