

## 2019 FITNESS SCHEDULE - DANCE STOP STUDIOS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9AM-10AM	9AM-10:15AM	9AM-10AM	9AM-10AM	9AM-10:15AM	9AM-10AM	
<b>PILATES</b>	<b>YOGA</b>	<b>BARRE SCULPT</b>	<b>PILATES</b>	<b>YOGA</b>	<b>BARRE SCULPT</b>	
CANDICE	LISA	KRISTI	CHERYL	LISA	CANDICE/BARBARA	
9:15AM-10:30AM		9AM-10:15AM			9:30AM-10:30AM	
<b>RESTORATIVE</b>		<b>YOGA</b>			<b>ZUMBA</b>	
MONIQUE		MONIQUE			KRISTI	
10:30AM-11:30AM	10:30AM-11:30AM	10:30AM-11:30AM	10:30AM-11:30AM	10:30AM-11:30AM	10:30AM-11:45AM	10:30AM - 11:30AM
<b>STRONG</b>	<b>ZUMBA</b>	<b>ZUMBA</b>	<b>ZUMBA GOLD</b>	<b>ZUMBA</b>	<b>YOGA</b>	<b>STRONG</b>
MAGDA	KRISTI	DANNA	NANCY	KRISTI	KATHY	MAGDA & OMEGA
						(1st Sunday of each month)
11AM-12:00PM	11:30AM-12:30PM			11:00AM-12:00PM		
<b>BARRE SCULPT</b>	<b>ZUMBA GOLD</b>			<b>YOGA BASICS</b>		
CANDICE	NANCY			JACKIE		
						4PM-5:15PM
						<b>YOGA</b>
						JACKIE
	6:30PM-7:30PM	6:30PM-7:45PM	6:30PM-7:30PM	6:30PM-7:30PM		
7PM-8PM	<b>ZUMBA</b>	<b>YOGA</b>	<b>ZUMBA</b>	<b>YOGA STRETCH</b>		
<b>ZUMBA</b>	JEN	KATHY	DELL	KAYO		
KRISTI				(1st Friday of each month)		
				<b>YOGA STRETCH</b>		
				JACKIE		
				(3rd Friday of each month)		
<b>PRICES</b>		<b>ZUMBA/STRONG</b>		<b>YOGA</b>		<b>BARRE SCULPT/PILATES</b>
<b>DROP-IN</b>		\$5 PER CLASS		\$15 PER CLASS		\$15 PER CLASS
<b>CLASS CARD</b>		\$50-12 CLASS CARD		\$100-10 CLASS CARD		\$100-10 CLASS CARD