

# 2023 FITNESS SCHEDULE - DANCE STOP STUDIOS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30AM-10:30AM					9:30AM-10:30AM	
<b>BARRE</b>					<b>ZUMBA</b>	
DANNA					KRISTI	
	10:00AM-11:00AM			10:00AM-11:15AM		
	<b>ZUMBA</b>		10:30AM-11:30AM	<b>YOGA</b>		
	KRISTI		<b>ZUMBA GOLD</b>	LISA		
			NANCY			
	11:30AM-12:30PM					
	<b>ZUMBA GOLD</b>					
	NANCY					
		6:00PM-7:00PM				
		<b>YOGA</b>				
		JACKIE				
<b>PRICES</b>		<b>ZUMBA</b>	<b>ZUMBA GOLD</b>	<b>YOGA</b>	<b>BARRE</b>	
<b>DROP-IN</b>		\$10 PER CLASS	\$5 PER CLASS	\$15 PER CLASS	\$15 PER CLASS	