



November 2017

\$10 class drop-in fee or 8 class punch card for \$40.

Punch cards expire 8 weeks after purchase.

Personal Training or Private Lessons \$35/hr or 4/\$100. Sorry No Refunds.



Sun	Mon	Tue	Wed 1 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 2 7p - Yoga - w/Lora	Fri 3	Sat 4 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana 12p - Intro to Belly Dance-w/Afsana
Sun 5	Mon 6 7p - Yoga - w/Lora	Tue 7 6:15p - 6:45 HiiT w/Amber 7pm - Country Line Dance - w//Amber	Wed 8 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 9 7p - Yoga - w/Lora	Fri 10	Sat 11 10a - Tabata w/Amber
Sun 12	Mon 13 7p - Yoga - w/Lora	Tue 14 6:15p - 6:45 HiiT w/Amber 7pm - Country Line Dance - w//Amber	Wed 15 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 16 7p - Yoga - w/Lora	Fri 17	Sat 18 10a - Tabata w/Lora 11a - Advanced Belly Dance-w/Afsana 12p - Intro to Belly Dance-w/Afsana
Sun 19	Mon 20 7p - Yoga - w/Lora	Tue 21 6:15p - 6:45 HiiT w/Amber 7pm - Country Line Dance - w//Amber	Wed 22 CLOSED	Thur 23 CLOSED	Fri 24	Sat 25 10a - Tabata w/Amber
Sun 26	Mon 27 7p - Yoga - w/Lora	Tue 28 6:15p - 6:45 HiiT w/Amber 7pm - Country Line Dance - w//Amber	Wed 29 6p - Intro to Belly Dance-w/Afsana 7p - Advanced Belly Dance-w/Afsana	Thur 30 7p - Yoga - w/Lora	Fri	Sat