



studio of dance & fitness

ADULT FITNESS CLASS SCHEDULE 2023 HAMILTON

MON	TUES	WED	THURS	FRI	SAT
ZUMBA W/MEGAN 8:30 AM STUDIO 1	TOTAL BODY CONDITIONING W/MEGAN 8:30 AM STUDIO 1	DANCE FITNESS W/ALEXANDRA & CHRISTY 8:30AM STUDIO 1	STRONG BY ZUMBA W/MEGAN 8:30 AM STUDIO 1	DANCE FITNESS W/ALEXANDRA 8:30AM STUDIO 1	ZUMBA OR DANCE FITNESS W/ROTATING INSTUCTORS 9:00AM STUDIO 1
ZUMBA GOLD W/ARLENE 10:00AM STUDIO 1		SILVER FIT & FABULOUS PLUS W/ARLENE 10:00AM STUDIO 1	LINE DANCING W/BEA 5:30PM STUDIO 3	SILVER FIT & FABULOUS PLUS W/ARLENE 10:00AM STUDIO 1	OULA 10:15AM <small>*NOT HELD EVERY WEEK, PLEASE CHECK GROOVZ FACEBOOK TO SEE IF CLASS IS ON*</small>
DANCE FITNESS W/CLAIRE 5:30PM STUDIO 1	OULA W/VAL & DIANE 6:30PM STUDIO 1	DANCE FITNESS W/CLAIRE 5:30PM STUDIO 1	OULA 6:30PM <small>*NOT HELD EVERY WEEK, PLEASE CHECK GROOVZ FACEBOOK TO SEE IF CLASS IS ON*</small>		SUNDAYS OULA W/VAL 10:00AM STUDIO 1

Classes are held at Groovz Studio of Dance, 810 S. 1st St, Hamilton, MT.

Call or text #510-828-7545 for more details.

FIND CURRENT CLASS INFO ON FACEBOOK @GROOVZADULTFITNESSCLASSES @LINEDANCEBITTERROOT

First class is always free! \$5 to drop in; punch cards available from each instructor.

