

Day / Time	Duration	Class	Location	Instructor
<b>MONDAY</b>				
10:00-10:55 AM	55 Min	Cardio Dance Party	Hybrid	Jessica Gleason
4:00-4:50 PM	50 Min	Music Together (Studio Rental)	Studio	N/A
5:15-6:00 PM	45 Min	Hip Hop Kids Dance Fitness®	Studio	Tamara Littlejohn
6:30-7:20 PM	50 Min	WERQ®	Hybrid	Ruben Pereya
<b>TUESDAY</b>				
9:30-10:20 AM	50 Min	Barre Above™	Hybrid	Ginny Robinson
10:45-11:45 AM	60 Min	Move & Grow	Studio	Jessica Gleason
6:30-7:00 PM	30 Min	Strong in 30™ (HIIT)	Hybrid	Paige Dashiell
7:10-8:00 PM	50 Min	Cardio Dance Party	Hybrid	Jessica Gleason
<b>WEDNESDAY</b>				
9:30-11:45 AM	2hrs 15 Min	Music Together (Studio Rental)	Studio	N/A
12:00 - 12:30 P	30 Min	CDP Mini - Power 1/2 Hour!	Hybrid	Jessica Gleason
2:30-4:00 PM	1hr 45 Min	Hip Hop Kids Dance Fitness® + Art Mini Camp	Studio	Candice Levy
4:15-5:05PM	50 Min	Cardio Dance Party	Hybrid	Karen Rowe
5:30-6:15 PM	45 Min	Hip Hop Kids Dance Fitness®	Studio	Tamara Littlejohn
7:00-8:15PM	75 Min	Groov3	Hybrid	Jessica Gleason
<b>THURSDAY</b>				
6:00-6:55 AM	55 Min	Turbo Kick® Fitness	Hybrid	Lisa Otness
4:00-4:50 PM	50 Min	Hip Hop Kids Dance Fitness®	Studio	Candice Levy
5:00-5:50 PM	50 Min	Hip Hop Kids Dance Fitness® - Tweens/Teens Edition	Studio	Candice Levy
6:30-7:00 PM	30 Min	Strong in 30™ (HIIT)	Hybrid	Paige Dashiell
7:10-8:00 PM	50 Min	Cardio Dance Party	Hybrid	Jessica Gleason
8:10-8:35 PM	25 Min	Love Yourself / Stretch Yourself	Hybrid	Jessica Gleason
<b>FRIDAY</b>				
10:00-10:55 AM	55 Min	Cardio Dance Party	Hybrid	Jessica Gleason
4:30-5:30 PM	60 Min	Buti Yoga	Hybrid	Katie Moos
<b>SATURDAY</b>				
9:30-10:25 AM	55 Min	Cardio Dance Party	Hybrid	Karen Rowe
10:45-11:30 AM	45 Min	Hip Hop Kids Dance Fitness®	Studio	Katie Moos
<b>SUNDAY</b>				
9:30-10:20 AM	50 Min	Booty Camp	Hybrid	Ginny Robinson
10:30-11:20 PM	50 Min	Zumba®	Hybrid	Ginny Robinson



**NOTE:** Hip Hop Kids Dance Fitness® classes are **not included** in Membership class offerings.

SLAYLIVEplus Members can save 15% on all HHK Registrations! Discount Code can be found in your online account "[Member Home](#)".

Hip Hop Kids Dance Fitness® registrations can be made on [6crickets.com](http://6crickets.com)