



Winter 2023 Schedule

Subject to change. Last updated: 01/01/2023

Follow the QR Codes to learn more about our classes—



Day / Time	Duration	Class	Location	Instructor
MONDAY				
10:00-10:55 AM	55 Min	Cardio Dance Party	Hybrid	Jessica Gleason
5:15-6:00 PM	45 Min	Hip Hop Kids Dance Fitness®	Studio	Tamara Littlejohn
6:30-7:20 PM	50 Min	WERQ® Dance Fitness	Hybrid	Ruben Pereya
7:35-8:30 PM	55 Min	VIBE + FLOW	Hybrid	Katie Moos
TUESDAY				
6:00-6:55 AM	55 Min	Turbo Kick® Fitness	Hybrid	Lisa Otness
9:30-10:20 AM	50 Min	Barre Above™	Hybrid	Ginny Robinson
6:30-7:00 PM	30 Min	Strong in 30™ (HIIT)	Hybrid	Paige Dashiell
7:10-8:05 PM	55 Min	Cardio Dance Party	Hybrid	Jessica Gleason
WEDNESDAY				
10:00-11:00 AM	60 Min	Music Together (Studio Rental)	Studio	N/A
2:30-4:00 PM	90 Min	HHK Dance + Art Mini Camp (follows the Shoreline SD schedule)	Studio	Candice Levy
4:15-5:05 PM	50 Min	Cardio Dance Party	Hybrid	Karen Rowe
5:30-6:15 PM	45 Min	Hip Hop Kids Dance Fitness®	Studio	Shellena Nicol
7:00-8:15 PM	75 Min	Groov3	Hybrid	Jessica Gleason
THURSDAY				
6:00-6:55 AM	55 Min	Turbo Kick® Fitness	Hybrid	Lisa Otness
10:00-11:00 AM	50 Min	Move & Grow for Toddlers & Preschoolers	Studio	Isabelle & Jessica
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
8:10-8:40 PM	30 Min	Love Yourself / Stretch Yourself	Hybrid	Jessica Gleason
FRIDAY				
10:00-10:55 AM	55 Min	Cardio Dance Party	Hybrid	Jessica Gleason
SATURDAY				
8:30-9:20 AM	50 Min	Booty Camp	Hybrid	Katie Moos
9:30-10:20 AM	50 Min	Cardio Dance Party	Hybrid	Karen Rowe
10:45-11:30 AM	45 Min	Hip Hop Kids Dance Fitness®	Studio	Anna-Marie Lim
SUNDAY				
9:30-10:20 AM	50 Min	Booty Camp	Hybrid	Ginny Robinson
10:30-11:20 PM	50 Min	WERQ® Dance Fitness	Hybrid	Ginny Robinson
7:00-7:55 PM	55 Min	Cardio Dance Party	Hybrid	Hannah Elliott



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

