



Fall 2022 Schedule

Subject to change. Last updated: 09/01/2022

Follow the QR Codes to learn more about our Kids



or Adult 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®	Hybrid	Ruben Pereya
7:35-8:30 PM	55 Min	VIBE + FLOW	Hybrid	Katie Moos
TUESDAY				
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
7:10-8:00 PM	50 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	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				
9:30-10:20 AM	50 Min	Move & Grow for Toddlers	Studio	Jessica & Isabelle
10:40-11:30 AM	50 Min	Move & Grow for Preschoolers	Studio	Jessica & Isabelle
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
8:10-8:40 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				
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	Anna-Marie Lim
SUNDAY				
9:30-10:20 AM	50 Min	Booty Camp	Hybrid	Ginny Robinson
10:30-11:20 PM	50 Min	WERQ®	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				