

SPRING



In-person + Livestream
In-person Only
Strength Class

Preschoolers:



Kids/Teens:



Adults:



Day	Time	Class	Instructor	Icons
MONDAY	10:00-10:55 AM	Cardio Dance Party	Jessica	
	4:15-5:30 PM	Intro to GROOV3	Ginny	
	5:45-6:30 PM	Hip Hop Kids Dance Fitness®	Anna-Marie	
	6:50-7:40 PM	WERQ® Dance Fitness	Ruben	
	7:50-8:45 PM	Restorative Flow Yoga	Katie	
TUESDAY	9:30-10:20 AM	Barre Above™	Ginny	
	6:10-7:00 PM	Booty Pump *NEW!*	Paige	
	7:10-8:05 PM	Cardio Dance Party	Jessica	
WEDNESDAY	2:30-4:00 PM	Hip Hop Kids Dance Fitness® + Art Mini Camp	Candice	
	4:15-5:05 PM	Cardio Dance Party	Karen	
	5:45-6:30 PM	Strong Base	Hannah	
	7:00-8:15 PM	GROOV3	Jessica	
THURSDAY	6:00-6:55 AM	Turbo Kick® Fitness	Lisa	
	10:40-11:30 AM	Move & Grow for Toddlers & Preschoolers	Isabelle	
	5:00-5:50 PM	Hip Hop Kids Dance Fitness® - Tweens/Teens Edition	Candice	
	6:10-7:00 PM	Booty Pump *NEW!*	Paige	
	7:10-8:00 PM	Cardio Dance Party	Jessica	
	8:10-8:40 PM	Love Yourself / Stretch Yourself	Jessica	
FRIDAY	10:00-10:55 AM	Cardio Dance Party	Jessica	
	1x Monthly	Friday Night Dance Parties!	Variable	
SATURDAY	8:30-9:20 AM	Booty Pump *NEW!*	Katie	
	9:30-10:20 AM	Cardio Dance Party	Karen	
	10:45-11:30 AM	Hip Hop Kids Dance Fitness®	Tamara	
SUNDAY	9:30-10:20 AM	Booty Camp	Ginny	
	10:30-11:20 AM	WERQ® Dance Fitness	Ginny	
	7:00-7:55 PM	Cardio Dance Party	Hannah	



Move & Grow and Hip Hop Kids Dance Fitness® classes are **not included** in Membership. (Register via 6crickets.)
SLAY LIVE plus Members save 15% on all In-Studio HHK registrations! Discount Code found in "Member Home".

2024