SEATTLE DANCE FITNESS

Winter 2022 Schedule

Subject to change. Last updated: 01/13/2022

Day / Time	Duration	Class	Location	Instructor
MONDAY				
9:00-9:50 AM	50 Min	Music Together (Studio Rental)	Studio	N/A
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
TUESDAY				
10:45-11:45 AM	50 Min	Move & Grow (beginning Feb 01, 2022)	Studio	Jessica Gleason
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				
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
4:10-5:00PM	50 Min	Cardio Dance Party	Hybrid	Karen Rowe
5:15-6:00 PM	45 Min	Hip Hop Kids Dance Fitness®	Studio	Shellena Renae Nicol
7:00-8:15PM	75 Min	Groov3	Hybrid	Jessica Gleason
THURSDAY				
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
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	Zumba®	Hybrid	Ginny Robinson

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