

AUGUST 2023 FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5	6
	6pm Natick Studio SHiNE™ "Summer and SunSHiNE" Erin 7:10pm Virtual Deep Stretch Sandra	6:00pm Natick / Virtual Zumba® Andrea 7:10pm Virtual Sculpt Pilates Sandra	7pm Natick Studio SHiNE™ "Summer and SunSHiNE" Erin			9:30am Virtual Zumba® Andrea
7	8	9	10	11	12	13
6:10pm Natick Zumba® Kelsey 7pm Pre-Recorded TONE Leigh	10:15am Natick Sweat and Smiles Drop In with Gina 6pm Natick Studio SHiNE™ Ally 7:10pm Natick / Virtual Deep Stretch Sandra	6:00pm Natick / Virtual Zumba® Andrea 7:10pm Natick / Virtual Sculpt Pilates Sandra	10:15am Natick Sweat and Smiles Drop In with Gina 12n Natick Adult Open Ballet - All Levels Gina 7pm Natick Studio SHiNE™ Erin	9:15am Virtual Sweat Pilates Leigh	9:00am Backyard "Shumba" SHiNE™ and Zumba® at Julie's (Lakeside in Natick) Erin and Andrea	9:30am Virtual Zumba® Andrea
14	15	16	17	18	19	20
6:10pm Natick Zumba® Kelsey 7pm Pre-Recorded TONE Leigh	10:15am Natick Sweat and Smiles Drop In with Gina 6pm Natick Studio SHiNE™ Erin 7:10pm Natick / Virtual Deep Stretch Sandra	6:00pm Natick / Virtual Zumba® Andrea 7:10pm Natick / Virtual Sculpt Pilates Sandra	10:15am Natick Sweat and Smiles Drop In with Gina 12n Natick Adult Open Ballet - All Levels Gina	9:15am Virtual Sweat Pilates Leigh		9:30am Virtual Zumba® Andrea
21	22	23	24	25	26	27
7pm Pre-Recorded TONE Leigh	10:15am Natick Sweat and Smiles Drop In with Gina 6pm Natick Studio SHiNE™ Erin 7:10pm Natick / Virtual Deep Stretch Sandra	6:00pm Natick / Virtual Zumba® Andrea 7:10pm Natick / Virtual Sculpt Pilates Sandra	7pm Natick Studio SHiNE™ Erin	9:15am Virtual Sweat Pilates Leigh 6:00pm Natick Studio Bookclub		9:30am Virtual Zumba® Andrea
28	29	30	31			
6:10pm Natick Zumba® Kelsey 7pm Pre-Recorded TONE Leigh	6pm Natick Studio SHiNE™ Erin 7:10pm Natick / Virtual Deep Stretch Sandra	5:00pm Natick / Virtual Zumba® Andrea	10:15am Natick Sweat and Smiles Drop In with Gina 12n Natick Adult Open Ballet - All Levels Gina 7pm Natick Studio SHiNE™ Erin			



SCAN HERE TO SEE OUR SCHEDULE AND SIGN UP FOR CLASSES!

WWW.DANCEFITSTUDIO.COM
INFO@DANCEFITSTUDIO.COM

Babywearing BalletFIT

Spring Session:
Tuesdays 11:15am - 12n
4/25 - 5/30

Natick Sweat and Smiles Club

Spring Session:
Tuesdays and Thursdays 9am - 9:30am
4/25 - 6/15

Adult Beginning Ballet Thursdays

Spring Session:
Thursdays 12n
4/27 - 6/9
Performance 6/11

Summer Session:
Thursdays 12n
6/22 - 7/27

Adult Beginning Ballet Sundays

Spring Session:
Sundays 6pm
4/23 - 6/4 (no ballet 5/28 or 5/14)
Performance 6/11