

JULY 2023 FITNESS



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



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

WWW.DANCEFITSTUDIO.COM
INFO@DANCEFITSTUDIO.COM

[Natick Sweat and Smiles Club](#)

Spring Drop Ins:
Tuesdays and Thursdays
10:15am - 10:45am
starting 6/22 for \$25

[Adult Beginning Ballet Thursdays](#)

Summer Drop Ins:
Thursdays 12n
starting 6/22 for \$25