

December 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

						1
2 9:15am Sherborn Sweat and Smiles Reformer Sandra 10:30am Sherborn / Virtual Sculpt Pilates Sandra 6:00pm Natick Zumba® Kayte 7:10pm Natick / Virtual Deep Stretch Sandra	3 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra 5:45pm Natick UPLIFT™ Express Erin 6:30pm Natick SHINE™ Dance Fitness Erin	4 9:00am Natick FlowFIT Bethany 6:00pm Natick / Virtual Zumba® Andrea	5 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra 12n Natick Adult Beginning Ballet Gina 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Studio SHINE™ Dance Fitness Erin	6 9:15am Natick / Virtual Studio Sweat Pilates Gina 12:10n Sherborn / Virtual Pilates and Stretch Sandra	7	8 9:30am Virtual Zumba® Andrea 5:00pm Natick Adult Beginning Ballet Gina 6:00pm Natick Adult Beginning Ballet Gina
9 9:15am Sherborn Sweat and Smiles Reformer Sandra 10:30am Sherborn / Virtual Sculpt Pilates Sandra 12:00n Natick / Virtual Co-Taught Deep Stretch Monday Brunch Sandra and Gina 6:00pm Natick Zumba® Kayte	10 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra 6:30pm Natick SHINE™ "Neon Party" Erin	11 9:00am Natick FlowFIT Bethany 6:00pm Natick / Virtual Zumba® Andrea	12 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra 12n Natick Adult Beginning Ballet Gina 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Studio SHINE™ Dance Fitness Erin	13 9:15am Natick / Virtual Studio Sweat Pilates Gina 12:10n Sherborn / Virtual Pilates and Stretch Sandra	14	15 9:30am Virtual Zumba® Andrea 11:30am DanceFIT Natick Living Room Book Club and Swap 6:00pm Natick Adult Ballet Nutcracker Recital Gina
16 9:15am Sherborn Sweat and Smiles Reformer Sandra 10:30am Sherborn / Virtual Sculpt Pilates Sandra 6:00pm Natick Zumba® Kayte 7:10pm Natick / Virtual Deep Stretch Sandra	17 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina 9:15am Sherborn Sweat and Smiles 'Reformer' Sandra 5:45pm Natick UPLIFT™ Express Erin 6:30pm Natick Holiday SHINE™ Erin	18 9:00am Natick FlowFIT Bethany 6:00pm Natick / Virtual Zumba® "Naughty or Nice" Andrea	19 9:15am Natick Sweat and Smiles 'Mat Fusion' Gina 6pm Natick Studio UPLIFT™ Erin 7:10pm Natick Holiday SHINE™ Erin	20 9:15am Natick / Virtual Studio Sweat Pilates Gina	21	22 9:30am Virtual Zumba® "Naughty or Nice" Andrea
23 6:00pm Natick Zumba® Kayte	24 Christmas Eve 9:00am Natick SHINE™ Dance Fitness Ally	25 Christmas Day Hannukah Begins	26 6:00pm Natick Studio SHINE™ Dance Fitness Ally	27 9:15am Virtual / Prerecorded Sweat Pilates Gina	28	29 9:30am Prerecorded Deep Stretch Sandra
30 6:00pm Natick Zumba® Kayte	31 9:30am Natick / Virtual All Request NYE Zumba® Andrea	<p><i>Workshops and Events</i></p> <p>Natick Adult Beginning Ballet Fall 1 Session: Thursdays 12n - 12:50n 9/5 - 10/31 (9 weeks) Sundays 5:00pm - 5:50pm 9/8 - 10/27 (8 weeks) Sundays 6:00pm - 6:50pm 9/8 - 10/27 (8 weeks)</p> <p>Winter 1 Session: Thursdays 12n - 12:50n 1/9 - 2/13 (6 weeks) Sundays 5:00pm - 5:50pm 1/5 - 2/9 (6 weeks) Sundays 6:00pm - 6:50pm 1/5 - 2/9 (6 weeks) (NOTE: 2/9 will meet at 5pm due to Super Bowl - offered in studio blended with 5pm class or Virtually in our Zoom studio)</p> <p>Natick Sweat and Smiles 'Mat Fusion' Club Fall 1 Session: Tuesdays and Thursdays 9:15am - 9:45am 9/10 - 10/31 (16 sessions)</p> <p>Winter 1 Session: Tuesdays and Thursdays 9:15am - 9:45am 1/7 - 2/13 (6 weeks, 12 sessions)</p> <p>Natick Babywearing BalletFIT Winter 1 Session: Fridays 10:30am - 11:15am 1/10 - 2/14 (6 sessions)</p> <p>Sherborn Reformer Sweat and Smiles Club Fall 1 Session: Mondays 9:15am - 10:05 pm 9/9 - 10/28 (7 sessions) Tuesdays 9:15am - 10:05am 9/10 - 10/29 (8 sessions) Thursdays 9:15am - 10:05am 9/12 - 10/31 (8 sessions) Fridays 10:30am - 11:20am 9/13 - 10/25 (7 sessions)</p> <p>Winter 1 Session: Mondays 9:15am - 10:05 pm 1/6 - 2/10 (5 sessions) Tuesdays 9:30am - 10:20am 1/7 - 2/11 (6 sessions) Thursdays 9:30am - 10:20am 1/9 - 2/13 (6 sessions) Fridays 10:30am - 11:20am 1/10 - 2/14 (6 sessions)</p>				

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

