

NOVEMBER/DECEMBER 2017 SCHEDULE

\$12 per class, \$100 for 10 classes card

1 month \$99, 2 month \$198 unlimited membership

www.SHAPE BALLROOM.com - WOMEN FITNESS & DANCE STUDIO

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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<u>9.30am</u> ZUMBA by OLGA <u>10.45am</u> FULL BODY WORKOUT by TAMMY	<u>8pm</u> ZUMBA by NORINA <u>9pm</u> YOGA by HINDY	<u>8.15pm</u> ZUMBA by ROXY <u>9.15pm</u> BODY ATTACK by TAMMY	<u>9.15am</u> ZUMBA by OLGA <u>8pm</u> PILAXING by OLGA <u>9pm</u> YOGA by HINDY	<u>8.15pm</u> ZUMBA by TAMMY <u>9.15pm</u> HIIT by TAMMY	<u>9am</u> PILATES by HINDY <u>10am</u> ZUMBA by RACHELLI	NEW CLIENT SPECIAL \$35 for 10 classes

*schedule subject to change

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