



Phone: (904) 733-3724 / www.zumbajear.com

OCTOBER 2017

Studio Jear Group Fitness

Satellite Location: JJVA

8457 Western Way, Jacksonville, FL 32256



sun symbol means morning classes!

Mon	Tue	Wed	Thu	Fri	Sat
2 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	3 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness	4 9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	5 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba	6 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program)	7 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
9 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	10 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness	11 9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jen aka "SQUEAKS" 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	12 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba	13 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program)	14 LOCATION ABSOLUTE DANCE BOO!★ 10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event* \$50 CASH PRIZE FOR BEST COSTUME! *costumes not required to attend event*
16 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	17 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness	18 9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	19 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba	20 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program)	21 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
23 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	24 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness	25 9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense 5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jen aka "SQUEAKS" 6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	26 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba	27 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program)	28 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
30 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 	31 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm - Pilates 6:45pm - Zumba	2 HOUR ZUMBA FITNESS JAM! Saturday – October 14 th – 10am to 12pm! FITNESS, FUN & FREE STUFF! Including \$50.00 cash prize for best costume! *costumes not required to attend event* (Studio Jear Satellite Location: Absolute Dance)			

