



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



SEPTEMBER 2017

Studio Jear Group Fitness

Location: JJVA

8457 Western Way, Jacksonville, FL 32256



sun symbol means morning classes!

Mon	Tue	Wed	Thu	Fri	Sat
				1 STRONG by Zumba™ 6:00pm to 7:00pm★	2 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
4 NO CLASSES! HAPPY LABOR DAY!	5 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	6 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	7 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	8 STRONG by Zumba™ 6:00pm to 7:00pm★	9 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome
HAPPY LABOR DAY!		6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR			10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
11 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba ★	12 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	13 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"!	14 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	15 STRONG by Zumba™ 6:00pm to 7:00pm★	16 LOCATION – ABSOLUTE DANCE! 8:30am – 9:30am BodyPump with Jerome ★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event*
18 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba ★	19 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	20 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	21 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	22 STRONG by Zumba™ 6:00pm to 7:00pm★	23 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome
		6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR			10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR
25 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba ★	26 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	27 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"!	28 EVENING CLASSES AT LOCATION – ABSOLUTE DANCE!	29 STRONG by Zumba™ 6:00pm to 7:00pm★	30 LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome
					10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR