



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

AUGUST 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 | 2 | 3 | 4 | 5 |
| | EVENING CLASSES @ ABSOLUTE DANCE! | 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 | 10:00am – 11:00am PILATES with Kelly G | STRONG by Zumba™ 6:00pm to 7:00pm★ | LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome 10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR |
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| | | | | | |
| 7 | 8 | 9 | 10 | 11 | 12 |
| 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba Fitness with Jerome | EVENING CLASSES @ ABSOLUTE DANCE! | 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 | 10:00am – 11:00am PILATES with Kelly G | STRONG by Zumba™ 6:00pm to 7:00pm★ | LOCATION – ABSOLUTE DANCE! 8:30am – 9:30am BodyPump with Jerome ★10:00 am – 12:00pm – ZUMBA TWO HOUR JAM! *special event* |
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| 14 | 15 | 16 | 17 | 18 | 19 |
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| | | | | | |
| 21 | 22 | 23 | 24 | 25 | 26 |
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| 28 | 29 | 30 | 31 | NO MEMBERSHIP FEES! NO CONTRACTS! JUST FITNESS, FUN & RESULTS! | |
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ZUMBA FITNESS - \$7 / BODYPUMP - \$8 / PILATES - \$8 / STRONG by Zumba – \$8 / KIDS SELF DEFENSE - \$5