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 Email: zumbajear@yahoo.com



JULY 2018

Mon	Tue	Wed	Thu	Fri	Sat																																																								
<i>If you focus on results, you will never change. If you focus on change, you will get results....</i>																																																													
2 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	3 5:45m to 6:45pm Pilates with Kelly G!	4 CLOSED HAPPY 4th of JULY!	5 5:45pm – 6:45pm BodyPump - Kelly G!	6 STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with JEROME	7 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome																																																								
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 		★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR																																																								
9 5:30 – 6:30pm BodyPump with Jerome	10 5:45m to 6:45pm Pilates with Kelly G!	11 5:30 – 6:30pm BodyPump with Jerome	12 5:45pm – 6:45pm BodyPump - Kelly G!	13 STRONG by Zumba™ 6:00pm to 7:00pm ★(HIIT Program) with KELLY "Chameleon"	14 ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!																																																								
★5:45pm to 6:45pm – KIDS "GET MOVING" WORKOUT with The Chameleon! ★	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		Join us at Jacksonville's #1 Nightspot! 8206 Philips Hwy #39, Jacksonville, FL 32256																																																								
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30 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense	31 5:45m to 6:45pm Pilates with Kelly G!	Studio Jear Salsa Night Out at Aromas! Saturday – July 28th Around 9pm! Join Studio Jear Salsa Instructor Mike and the Studio Jear Salsa Dancers for a night on the town! Meet NEW people, be FIT & DANCE SALSA!			JULY ABS MAGIC FITNESS CHALLENGE! JULY 2018 FITNESS CHALLENGE!																																																								
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WEEKDAYS AT JJVA LOCATION / SATURDAYS AT MOJITOS LOCATION!