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JULY 2019

Mon	Tue	Wed	Thu	Fri	Sat
1 6:30pm to 7:30pm BodyPump with Jerome	2 6:30pm to 7:30pm Pilates with Kelly G!	3 6:30pm to 7:30pm BodyPump with Jerome	4 CLOSED HAPPY 4th of JULY!	5 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME	LOCATION: MOJITOS 6 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
7:30pm to 8:30pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	7:30pm to 8:30pm ZUMBA with "JEN aka SQUEAKS!"	7:30pm to 8:30pm ZUMBA with ROCKIN' ROBBIN!			10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
8 6:30pm to 7:30pm BodyPump with Jerome	9 6:30pm to 7:30pm Pilates with Kelly G!	10 6:30pm to 7:30pm BodyPump with Jerome	11 6:30pm to 7:30pm BodyPump - Kelly G!	12 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEN "Squeaks"	LOCATION: MOJITOS 13 ★10:00 am - 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS!
7:30pm to 8:30pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	7:30pm to 8:30pm ZUMBA with ROCKIN' ROBBIN!	7:30pm to 8:30pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	★7:30pm to 8:30pm SALSA DANCE CLASS with Mike		5 STUDIO JEAR ZUMBA FITNESS INSTRUCTORS = 2 HOURS OF FITNESS, FUN & RESULTS!
15 6:30pm to 7:30pm BodyPump with Jerome	16 6:30pm to 7:30pm Pilates with Kelly G!	17 6:30pm to 7:30pm BodyPump with Jerome	18 6:30pm to 7:30pm BodyPump - Kelly G!	19 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME	LOCATION: MOJITOS 20 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
7:30pm to 8:30pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	7:30pm to 8:30pm ZUMBA with Jerome aka MR. FITNESS!	7:30pm to 8:30pm ZUMBA with "JEN aka SQUEAKS!!"	★7:30pm to 8:30pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
22 6:30pm to 7:30pm BodyPump with Jerome	23 6:30pm to 7:30pm Pilates with Kelly G!	24 6:30pm to 7:30pm BodyPump with Jerome	25 6:30pm to 7:30pm BodyPump - Kelly G!	26 STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEN "Squeaks"	LOCATION: MOJITOS 27 *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome
7:30pm to 8:30pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	7:30pm to 8:30pm ZUMBA with "JEN aka SQUEAKS!"	7:30pm to 8:30pm ZUMBA with ROCKIN' ROBBIN!	★7:30pm to 8:30pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
29 6:30pm to 7:30pm BodyPump with Jerome	30 6:30pm to 7:30pm Pilates with Kelly G!	31 6:30pm to 7:30pm BodyPump with Jerome			<i>If you focus on results, you will never change. If you focus on change, you will get results....</i>
7:30pm to 8:30pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	7:30pm to 8:30pm ZUMBA with Jerome aka MR. FITNESS!	7:30pm to 8:30pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR			

WEEKDAY MORNINGS & EVENINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256
 SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256

DON'T MISS THE **2 HOUR ZUMBA FITNESS JAM** ON
 JULY 13TH AT MOJITOS! 5 STUDIO JEAR ZUMBA FITNESS
 INSTRUCTORS = 2 HOURS OF FITNESS, FUN & RESULTS!

