



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

Studio Jear Group Fitness

Satellite Location: JJVA

8457 Western Way, Jacksonville, FL 32256

NOVEMBER 2017



sun symbol means morning classes!

Mon	Tue	Wed	Thu	Fri	Sat
My name is consistency. I am related to success. We should hang out more than... every once in a while.		<div>1</div> <p>9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS</p> <p>5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense</p> <p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>	<div>2</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba</p>	<div>3</div> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME</p>	<div>4</div> <p>LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome</p> <p>10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>
<div>6</div> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<div>7</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness</p>	<div>8</div> <p>9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS</p> <p>5:30 – 6:30pm BodyPump with Jerome 6:45pm – 7:45pm ZUMBA with Jen aka “SQUEAKS”!</p>	<div>9</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba</p>	<div>10</div> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with Kelly “The Chameleon”</p>	<div>11</div> <p>★10:00 am – 12:00pm – TWO HOUR ZUMBA JAM! *special event*</p> <p>LOCATION ABSOLUTE DANCE</p>
<div>13</div> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<div>14</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness</p>	<div>15</div> <p>9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS</p> <p>5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense</p> <p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>	<div>16</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba</p>	<div>17</div> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with Jenn aka “Squeaks”</p>	<div>18</div> <p>LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome</p> <p>10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>
<div>20</div> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<div>21</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness</p>	<div>22</div> <p>9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS</p> <p>5:30 – 6:30pm BodyPump with Jerome</p> <p>6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR</p>	<div>23</div> <p>CLOSED HAPPY THANKSGIVING!</p>	<div>24</div> <p>STRONG by Zumba™ 6:00pm to 7:00pm★ (HIIT Program) with JEROME</p>	<div>25</div> <p>LOCATION – ABSOLUTE DANCE! 9:00am – 10:00am BodyPump with Jerome</p> <p>10:30am – 11:30am ZUMBA with Jerome & Arlene aka ZUMBAJEAR</p>
<div>27</div> <p>9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba</p>	<div>28</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – Pilates 6:45pm – Zumba Fitness</p>	<div>29</div> <p>9am to 10am – BODYPMP 10:30am to 11:30am – ZUMBA FITNESS</p> <p>5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense</p> <p>6:45pm – 7:45pm ZUMBA with “SQUEAKS”</p>	<div>30</div> <p>EVENING CLASSES AT LOCATION – ABSOLUTE DANCE! 5:45pm – BODYPUMP 6:45pm – Zumba</p>	STICK TO YOUR WORKOUTS!	