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MORNINGS - SEPTEMBER 2018

CHALLENGE! WORK THOSE ABS! LETS TAKE A BREAK! CLOSED 10 10 11 10 10 10 11 10 10 1	MONIMICO OLI ILMDLIN 2010						
NOTE CLASS TIMES 3-30-DAY PLANK CHALLENGE MORK THOSE ABS! **STATE 3 size 0 more 1 2 miles MORK THOSE ABS! **STATE 3 miles **WORK THOSE ABS! **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-10-00-m 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-10-00-m 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-10-00-m 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-10-00-m 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-10-00-m 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M to 2-30-M BodyPum with Jerome 1-0-30-m to 1-13-00-m 2 miles **TOTE CLASS TIMES* 5-30-M	Mon	Tue	Wed	Thu	Fri	Sat	
CHALLENGE PATRONS! SEPT 2018 FITNESS CHALLENGE! WORK THOSE ABS! 10.00AM to 11.00AM 2.0MBA with Jerome 2.0MBA with Jerome 2.0MBA with Jerome 2.0MBA with Jerome 10.00Am 101.30Am 101.30						1 *NOTE CLASS TIMES*	
3 4 9:00am - 10:00am 1	CHALLENGE	PATRON CHALLE	IS! SEPT 2018 FITI NGE!		with Jerome 10:00AM to 11:00AM ZUMBA with Jerome & Arlene		
3 4 9:00am - 10:00am BedyPump with Jerome 10:30am to 11:30am 2umba 10 10 11 12 12 13 14 14 16 16:30am to 13:00am 2umba 10:30am to 11:30am 2umba	DAY 2. 20 sec DAY 17. 2 mi	n	HOSE ABS!				
### Description of 11-30am 20mba 10 11 12 13 14 15 15 15 15 15 15 15		4	9:00am - 10:00am			8 *NOTE CLASS TIMES*	
## A SALSA MICH STRUCTOR Soloam - 10:00am	CLOSED		10:30am to 11:30am	IN TH MOR	IE NING	with Jerome 10:00AM to 11:00AM	
10 11 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2umba 17 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2umba 17 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2umba 17 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2umba 18 20 21 10:00AM to 11:00AM 2umba 2umba 2umba 19 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2umba 2umba 2umba 10 20 21 10:00AM to 11:00AM 2umBa 2	DAYO			FIGURES OUT FIGURES OUT YOU'RE DOIN	R BRAIN WHAT	aka ZUMBAJEAR	
10:30am to 11:30am 2umba 10:30am to 11:30am 2umba 2	9:00am – 10:00am	11	9:00am - 10:00am	13	14	15	
17 9:00am - 10:00am 2umba 20 21 When you're in classes - Pick up your hurricane preparedness flyers and Healthy Snack of the Month Recipe* What are you waiting for? You read the part about having fun, right? 24 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2umba 24 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2umba 25 South of the Month Recipe* Location: Mojitos	10:30am to 11:30am		10:30am to 11:30am			8:30AM to 9:30AM BodyPump with Jerome 10:00AM to 11:00AM	
9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 24 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 25 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am 2	47			00	04	aka ZUMBAJEAR LOCATION: MOJITOS	
What are you waiting for? You read the part about having fun, right? 24 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 25 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 26 9:00am – 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 27 28 We know this is an evening class but we just had to let you know because it is FREE! FREE & OPEN TO THE PUBLIC! Yeahyou've been watching STRONG long enough! STRONG by Zumba 10:00AM to 1:00AM ZUMBA with Jerome & Arlend aka ZUMBAJEAR SALSA NIGHT OUT! Ask for details! All are welcome	9:00am – 10:00am BodyPump with Jerome	Lose weight.		20	20 21	★ 10:00 am – 12:00pm 2 HOUR ZUMBA	
You read the part about having fun, right? 24 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 25 9:00am - 10:00am BodyPump with Jerome 10:30am to 11:30am Zumba 27 28 We know this is an evening class but we just had to let you know because it is FREE! ★FREE & OPEN TO THE PUBLIC! ★ Yeahyou've been watching STRONG long enough! STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) ALL INSTRUCTOR MEDLEY SALSA NIGHT OUT! Ask for details! All are welcoime	Zumba		9	hurricane preparedness flyers and	*special event* LOCATION: MOJITOS!		
24 9:00am - 10:00am BodyPump with Jerome 10:30am 2umba 25 9:00am - 10:00am BodyPump with Jerome 10:30am 2umba 26 9:00am - 10:00am BodyPump with Jerome 10:30am 2umba 27 28 We know this is an evening class but we just had to let you know because it is FREE! ★FREE & OPEN TO THE PUBLIC! ★ Yeahyou've been watching STRONG long enough! 37 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) ALL INSTRUCTOR aka ZUMBAJEAR SALSA NIGHT OUT! Ask for details! All are welcome		You read th	ne part about	Healthy Shack	or the worth Recipe"	#1 Nightspot!	
BodyPump with Jerome 10:30am to 11:30am Zumba #NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome STRONG by Zumba* BodyPump with Jerome 10:30am to 11:30am Zumba *NOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM to 9:30AM BodyPump *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump with Jerome *STRONG by Zumba* *INOTE CLASS TIMES* 8:30AM to 9:30AM BodyPump *INOTE CLASS TIMES* 8:30AM to	— · I		26	27		LOCATION: MOJITOS	
#FREE & OPEN TO THE PUBLIC! ★ Yeahyou've been watching STRONG long enough! STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) ALL INSTRUCTOR MEDLEY **B:30AM to 9:30AM BodyPum; with Jerome **Vitable Public Pub	10:30am to 11:30am		BodyPump with Jerome 10:30am to 11:30am		evening class but we just had to let you know because it is FREE!	*NOTE CLASS TIMES*	
STRONG by Zumba™ 6:00pm to 7:00pm☆(HIIT Program) ALL INSTRUCTOR MEDLEY SALSA NIGHT OUT! Ask for details! All are welcome					THE PUBLIC! ★ Yeahyou've been	8:30AM to 9:30AM BodyPump	
6:00pm to 7:00pm (HIIT Program) ALL INSTRUCTOR MEDLEY SALSA NIGHT OUT! Ask for details! All are welcome					long enough!		
Ask for details! All are welcome					6:00pm to 7:00pm ★(HIIT Program) ALL INSTRUCTOR	ZUMBA with Jerome & Arlene aka ZUMBAJEAR	
STUDIO JEAR GROUP FITNESS SATELLITE LOCATIONS:						Ask for details!	

WEEKDAYS AT JJVA – 8457 Western Way, Jax, FL 32256 SATURDAYS – MOJITOS 8206 Philips Hwy, #39, Jax, FL 32256