

Just Dance Roanoke

Winter 2015 Schedule
1866 Apperson Dr. Salem, VA 24153

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a	Wake 'n Shake: Amy		Just Burn™: Amy		Wake 'n Shake: Lindsey		
9:30a	Just Dance™: Leticia	Zumba®: Liza	Just Dance™ & Just Burn™: CORE Leticia	Just Dance™: Liza		Zumba®: Alison	Just Dance™ & Just Burn™: CORE (15 mins) Amy
10:30a							
4:30p		Just Burn™: Lindsey		Just Dance™: Shake & Squat Antonia			Available for Private Parties/ Workshops
5:00p	Zumba®: Brandy				Just Dance™: Antonia		
5:30p		Zumba®: Chelsea		Just Dance™: Brandy	5:45p Just Dance™: Sara		Available for Private Parties/ Workshops
6:00p	Mega Mix- 90 Min Sara		MegaMix- 90 Min Lindsey				
6:30p		Just Burn™ BLAST: Kelly *20 minutes			Just Burn™: Kelly	Available for Private Parties/ Workshops	
7:00p		Just Dance: Kelly					
7:30p					JDR After Dark: Chelsea		