

Just Dance Roanoke

SPRING 2017 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a	Wake 'n Shake: Amy		Just Dance™: Shake& Squat Amy		Wake 'n Shake: Lindsey		
9:30a	Just Dance™: Blythe	Zumba®: Liza	Just Dance™: Leticia	Just Dance™: Liza	Just Dance™: Blythe	Zumba®: Chelsea	Just Dance™ : Lindsey
10:30a						Just Dance: Amanda	
							Available for Private Parties/ Workshops
4:30p		Just Dance: Kailey		Just Dance™: Shake & Squat Kailey	Available for Private Parties/ Workshops	Available for Private Parties/ Workshops	3:30p Just Dance™: Jess
5:00p	Zumba®: Brandy		Just Dance™: Amanda				
5:30p		Zumba®: Antonia	Just Dance™: Brandy				
6:00p	Mega Mix- 90 Min Sara						
6:30p		Just Burn™: Kelly *45 minutes	Just Dance: Danica	Just Sweat™: Kelly *45 minutes			
7:15p		Just Dance: Kelly		JDR After Dark: Kelly & Chelsea			
							Available for Private Parties/ Workshops