

| Monday                                 | Tuesday                           | Wednesday                            | Thursday                      | Friday                       |
|--|-----------------------------------|--------------------------------------|-------------------------------|------------------------------|
| P10 BootCamp*<br>6:30-7:30am           |                                   | P10 BootCamp*<br>6:30-7:30am         |                               | P10 BootCamp*<br>6:30-7:30am |
| Salsa Tots<br>9:30-10:15am             | Intellidance Tots<br>9:30-10:15am | Salsa Tots<br>9:30-10:15am           | Salsa Kids Jr.<br>9:15-9:45   | FITMOM + Baby**<br>10am-11am |
| Salsa Babies<br>10:30-11:30am          | Salsa Babies<br>10:30am-11:30am   | Intellidance Babies<br>10:30-11:30am | Salsa Babies<br>10am-11am     | Salsa Tots<br>11- 11:45am    |
| FITMOM +Baby Yoga**<br>11:45am-12:45pm |                                   | FITMOM +Baby**<br>11am-12pm          |                               |                              |
| Camps<br>1-4:30pm                      | Camps<br>1-4:30pm                 | Camps<br>1-4:30pm                    | Camps<br>1-4:30pm             | Camps<br>1-4:30pm            |
| Camps<br>1-4:30pm                      | Camps<br>1-4:30pm                 | Camps<br>1-4:30pm                    | Camps<br>1-4:30pm             | Camps<br>1-4:30pm            |
| Camps<br>1-4:30pm                      | Camps<br>1-4:30pm                 | Camps<br>1-4:30pm                    | Camps<br>1-4:30pm             | Camps<br>1-4:30pm            |
| Yoga<br>5:30-6:30pm                    | Yoga Vibe<br>5:30-6:30pm          |                                      |                               |                              |
| Salsa Burn<br>6:30-7:45pm              | FITMOM 2 Be**<br>6:40-7:40pm      | Core Fusion<br>6:15-7:15pm           | 6:30-7:30pm<br>Fit Hop        |                              |
| Naughty Hottie<br>8-9pm                | Fit Hop<br>7:45-8:45pm            | Salsa Burn<br>7:15-8:30pm            | Naughty Hottie<br>7:45-8:45pm |                              |
|  |                                   | P10 BootCamp*<br>8:30-9:30pm         |                               |                              |

For class dates, prices and online registrations please visit [www.jadoredance.com](http://www.jadoredance.com)

\* To register for Perfect 10 Boot Camps please visit [www.perfect10weightloss.com](http://www.perfect10weightloss.com) or call 780-863-5123

\*\* To register for FITMOM programs please visit [www.fitmomfitness.com](http://www.fitmomfitness.com) or call 780-863-5123

\*\*\* Weekend rentals, private classes, and special event bookings available. Please contact us for more details.