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better
 New year, ~~new~~ me.

JANUARY 2019

Mon	Tue	Wed	Thu	Fri	Sat
	1 CLOSED	2 5:30 – 6:30pm BodyPump with Jerome	3 5:45pm – 6:45pm BodyPump - Kelly G!	4 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	5 LOCATION: MOJITOS ★NOTE CLASS TIMES★ 8:30AM to 9:30AM BodyPump with Jerome
	HAPPY NEW YEAR!	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
	NEW YEAR – BETTER YOU!				SALSA NIGHT OUT 9pm at Aromas – RSVP TODAY! *21 yrs of age & up*
7 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	8 5:45m to 6:45pm Pilates with Kelly G!	9 5:30 – 6:30pm BodyPump with Jerome	10 5:45pm – 6:45pm BodyPump - Kelly G!	11 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEN “Squeaks”	12 LOCATION: MOJITOS ★NOTE CLASS TIMES★ 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with “JEROME & ARLENE aka “ZUMBAJEAR”!!	6:45pm – 7:45pm ZUMBA with “SQUEAKS”	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
14 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	15 5:45m to 6:45pm Pilates with Kelly G!	16 5:30 – 6:30pm BodyPump with Jerome	17 5:45pm – 6:45pm BodyPump - Kelly G!	18 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEROME	19 LOCATION: MOJITOS ★10:00 am – 12:00pm 2 HOUR ZUMBA FITNESS JAM! *special event* LOCATION: MOJITOS! Join us at Jacksonville’s #1 Nightspot!
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with “JEN aka “SQUEAKS”!!	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		
21 5:30 – 6:30pm BodyPump with Jerome	22 5:45m to 6:45pm Pilates with Kelly G!	23 5:30 – 6:30pm BodyPump with Jerome	24 5:45pm – 6:45pm BodyPump - Kelly G!	25 STRONG by Zumba™ 6:00pm to 7:00pm★(HIIT Program) with JEN “Squeaks”	26 LOCATION: MOJITOS ★NOTE CLASS TIMES★ 8:30AM to 9:30AM BodyPump with Jerome
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with “JEROME & ARLENE aka “ZUMBAJEAR”!!	6:45pm – 7:45pm ZUMBA with “SQUEAKS”	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		10:00AM to 11:00AM ZUMBA with Jerome & Arlene aka ZUMBAJEAR
28 5:30 – 6:30pm BodyPump with Jerome 5:45pm to 6:45pm Kids Self Defense★	29 5:45m to 6:45pm Pilates with Kelly G!	30 5:30 – 6:30pm BodyPump with Jerome	31 5:45pm – 6:45pm BodyPump - Kelly G!	PICK UP YOUR FREE WEEKLY MEAL PLANNER & STUDIO JEAR’S NUTRITION & HEALTHY EATING TIPS! Did you know planning meals ahead of time reduces junk food intake and relieves stress?	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with “JEN aka “SQUEAKS”!!	6:45pm – 7:45pm ZUMBA with Jerome & Arlene aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE CLASS with Mike		

WEEKDAY MORNINGS & EVENINGS AT JJVA – 8457 Western Way, Jacksonville, FL 32256
 SATURDAY MORNINGS AT MOJITOS – 8206 Philips Hwy, #39, Jacksonville, FL 32256

30 DAY ABS CHALLENGE

30 DAY JANUARY 2019
 STUDIO JEAR FITNESS CHALLENGE!
 FREE for Studio Jear Patrons!

SALSA NIGHT OUT Saturday – Jan 5th at Aromas! Get discount entry fee by giving Studio Jear your RSVP!