



8380 Baymeadows Road, Suite #6, Jacksonville, FL 32256 /

Phone: (904) 733-3724 Email: zumbajear@yahoo.com / www.zumbajear.com

MAY 2017

Mon	Tue	Wed	Thu	Fri	Sat	Sun	
1 5:30 – 6:30pm BodyPump with Jerome 6pm to 7pm Kids Self Defense	2 5:45m to 6:45pm Pilates with Nicole! 6pm – 6:30pm *FREE* ZUMBA BASIC MOVES	3 5:30 – 6:30pm BodyPump with Jerome	4 5:45pm to 6:15pm ABZ-SOLUTION – FREE! 5:45pm – 6:45pm BodyPump - Kelly G!	5 STRONG by Zumba™ 6:00pm to 7:00pm★	6 9:00am – 10:00am BodyPump with Jerome 10:00am to 10:45AM KIDZ WORKOUT!	7 CLOSED	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"! 	6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE NIGHT with Tony Paolucci!	7:15pm to 8:15pm LINE DANCING WITH "MOSES"	10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am-12:15pm ABZ-SOLUTION - FREE!		
8 5:30 – 6:30pm BodyPump with Jerome 5:45pm – 6:45pm KIDZ DANCE FITNESS with "Lora"	9 5:45m to 6:45pm Pilates with Nicole! 6pm – 6:30pm *FREE* ZUMBA BASIC MOVES	10 5:30 – 6:30pm BodyPump with Jerome	11 5:15PM – 5:45PM FREE! BODYPUMP FORM /TECHNIQUE CLASS 5:45pm – 6:45pm BODYPUMP - Kelly G!	12 STRONG by Zumba™ 6:00pm to 7:00pm★	13 8:30am – 9:30am BodyPump with Jerome 9:00am – 9:45am - Kidz Workout	14 CLOSED	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!	6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	★7:00pm to 8:00pm BACHATA DANCE CLASS with Tony Paolucci!	7:15pm to 8:15pm LINE DANCING WITH "MOSES"	★10:00 am – 12:00pm ZUMBA TWO HOUR JAM! *special event* 12:15pm - 12:45pm ABZ-SOLUTION - FREE!	 HAPPY MOTHER'S DAY!	
15 5:30 – 6:30pm BodyPump with Jerome 6pm to 7pm Kids Self Defense	16 5:45m to 6:45pm Pilates with Nicole!	17 5:30 – 6:30pm BodyPump with Jerome	18 5:15PM – 5:45PM FREE! BODYPUMP FORM /TECHNIQUE CLASS 5:45pm – 6:45pm BODYPUMP - Kelly G!	19 STRONG by Zumba™ 6:00pm to 7:00pm★	20 9:00am – 10:00am BodyPump with Jerome 10:00am to 10:45AM KIDZ WORKOUT!	21 CLOSED	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:00pm to 6:30pm ABZ-SOLUTION – FREE! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!	6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	★7:00pm to 8:00pm SALSA DANCE NIGHT with Tony Paolucci!	7:15pm to 8:15pm LINE DANCING WITH "MOSES"	10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am-12:15pm ABZ-SOLUTION - FREE!		
22 5:30 – 6:30pm BodyPump with Jerome 5:45pm – 6:45pm KIDZ DANCE FITNESS with "Lora"	23 5:45m to 6:45pm Pilates with Nicole! 6pm – 6:30pm *FREE* ZUMBA BASIC MOVES	24 5:30 – 6:30pm BodyPump with Jerome	25 5:15PM – 5:45PM FREE! BODYPUMP FORM /TECHNIQUE CLASS 5:45pm – 6:45pm BODYPUMP - Kelly G!	26 STRONG by Zumba™ 6:00pm to 7:00pm★	27 9:00am – 10:00am BodyPump with Jerome 10:00am to 10:45AM KIDZ WORKOUT!	28 CLOSED	
6:45pm – 7:45pm ZUMBA with Arlene & Jerome aka ZUMBAJEAR	6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!	6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR	★7:00pm to 8:00pm BACHATA DANCE CLASS with Tony Paolucci! ★JOIN US FOR BEVERAGES & SNACKS AFTER CLASS LET'S MIX!	7:15pm to 8:15pm LINE DANCING WITH "MOSES"	10:30am – 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR!! 11:45am-12:15pm ABZ-SOLUTION - FREE!		
29 HAPPY MEMORIAL DAY! HOLIDAY SCHEDULE! 	30 5:45m to 6:45pm Pilates with Nicole!	31 5:30 – 6:30pm BodyPump with Jerome	BY APPT ONLY – PERSONAL TRAINING / FITNESS SESSIONS with Jerome! Studio Jear wants you to reach YOUR fitness goals! Tuesdays only (mornings / evenings). Email: zumbajear@yahoo.com / Call (904) 733-3724				
9AM TO 10AM BodyPump with Jerome 9:30am to 10:30am Kids Self Defense	6:00pm to 6:30pm ABZ-SOLUTION – FREE! 6:45pm to 7:45pm ZUMBA with "KELLY – THE CHAMELEON"!	6:45pm – 7:45pm Zumba with Arlene & Jerome aka ZUMBAJEAR					
10:30am to 11:30am ZUMBA with Arlene & Jerome aka ZUMBAJEAR							