



LIFEDANCE STUDIOS AND WELLNESS CENTER

22 Cherry Street 2nd floor

Westfield, MA 01085

www.LifedanceStudiosandWellness.com

WEEKLY CLASS SCHEDULE

BEGINNING IN JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M.E.L.T W/ Kerrie 10:00-11:00am Once per month Studio A	Yoga w/ Kathy 9:00-10:15am Studio A	Bellydance w/Sanaa 5:30-6:30pm Studio A	Ballroom Waltz/East Coast Swing w/ Donna 6:15-7:00pm Studio B	Yoga w/ Kathy 9:00-10:15am Studio A	Dance Fitness w/ Natie 9:00-10:00am Studio A	Yoga w/ Kathy 9:00-10:15am Studio A
Latin Fitness w/Donna 6:15-7:00pm Studio B	Yoga w/ Karla 6:00-7:15pm Studio A	Ballroom (SYTYCD) w/Donna 6:15-7:00pm Studio B	Dance Fitness w/ Natie 7:00-8:00pm Studio A	Dance Fitness w/ Kerrie 5:00-6:00pm Studio A	Fitness Fusion w/ Sanaa 10:00-10:45am Studio B	
	Yoga w/Kathy 7:30-8:45pm Studio A	Zumba w/ Natie 7:00-8:00pm Studio A		Ballroom Salsa/Bachata w/ Donna 7:00-7:40pm Studio B		