

# COMMOTION WINTER/SPRING FITNESS SCHEDULE

WWW.COMMOTIONDANCE.COM COMMOTION.ME@GMAIL.COM 301-515-8908

MAY-JUNE 15TH

Day	Time	Class	Instructor	Studio	Day	Time	Instructor	Studio
<b>ZUMBA</b>					<b>FITNESS BARRE</b>			
Mon.	10:00-10:55 AM	Zumba	Dawn	Fitness	Mon.	6:30-7:30 PM	Dawn	Dance
Mon.	6:30-7:25 PM	Zumba	Nasha	Fitness				
Tues.	6:30-7:25 PM	Zumba	Bing	Fitness	<b>TRX - drop-ins avail call to resv.</b>			
Wed.	10:00-11:00 AM	Z. Toning	Dawn	Fitness	Mon. BEG.	6:30-7:30 PM	Perry	Dance
Wed.	7:30-8:30 PM	Z. Toning	Ramon	Fitness	Thurs. BEG.	8:30-9:00 AM	Bonnie	Dance
Thurs.	10:00-11:00 AM	Zumba	Ramon	Fitness	Sat. INT.	9:30-10:30 AM	Mariann	Dance
Thurs.	7:30-8:25 PM	Z. Toning	Paula	Fitness	Sun. ADV.	8:00-9:00 AM	Perry	Dance
Sat.	9:30-10:25 AM	Zumba	Bing	Fitness				
Sat.	10:30-11:25 AM	Zumba	Ramon	Fitness	<b>WERQ HIP HOP FITNESS</b>			
Sat.	11:30-12:25 PM	Z. Toning	Ramon	Fitness	Mon.	7:30-8:30 PM	Glynis	Fitness
Sun.	8:30-9:25 AM	Z. Toning	Paula	Fitness				
Sun.	9:30-10:25 AM	Zumba	Ramon	Fitness	<b>ADULT STRETCH</b>			
<b>FLIRTY GIRL DANCE FITNESS</b>					Mon.	7:30-8:00 PM	Dawn	Dance
Wed.	6:30-7:30 PM	All Levels	Nasha	Fitness				
<b>PILATES MAT</b>					<b>BODY SCULPT</b>			
Wed.	7:30-8:30 PM	All Levels	Heather	Dance	Tues.	10:00-11:00 AM	Dawn	Fitness
<b>PILATES REFORMER - drop-ins avail call to resv.</b>					<b>ADULT DANCE</b>			
Mon.	9:30-10:30 AM	Beginner	Bonnie	Dance	Wed.	6:30-7:30 PM	Dawn	Dance
	10:30-11:30 AM	TRX/Pilates	Bonnie			Hip Hop		
Thurs.	9:00-10:00 AM	Advanced	Bonnie	Dance	Thurs.	5:30-7:00 PM	Bonnie	Dance
						Advanced Jazz		
Thurs.	6:30-7:30 PM	Beginner	Beth	Dance				
	7:30-8:30 PM	Intermediate	Beth		<b>YOGA</b>			
Fri.	11:00-12:00 PM	Slow Inter.	Bonnie	Dance	Tues.	7:30-8:30 PM	Chris	Fitness
Sat.	8:00-9:00 AM	Intermediate	Bonnie	Dance				
	9:00-10:00 AM	Fast Beginner	Bonnie					
	10:00-11:00 AM	New Beginner	Bonnie					

Dance Studio: 13097 Wisteria Dr., Germantown MD

Fitness Studio: 13220 Wisteria Dr., Germantown MD

IF YOU DON'T SEE A CLASS, DAY OR TIME THAT WORKS FOR YOU PLEASE SEND US YOUR SUGGESTIONS TO COMMOTION.ME@GMAIL.COM