

WINTER



2025

# SEATTLE DANCE FITNESS

Schedule subject to change.

In-person + Livestream  
 In-person Only  
 Strength Class



Day	Time	Class	Instructor	Format
MONDAY	9:30-10:20 AM	Booty Pump <b>*NEW!*</b>	Katie	
	10:30-11:25 AM	Cardio Dance Party <b>*NEW TIME*</b>	Jessica	
	4:15-5:30 PM	Intro to GROOV3	Ginny	
	5:45-6:30 PM	Hip Hop Kids Dance Fitness®	Tamara	
	6:50-7:40 PM	WERQ® Dance Fitness	Ruben	
	7:50-8:45 PM	Deep Restorative Flow Yoga	Katie	
TUESDAY	9:30-10:20 AM	Barre Above™	Ginny	
	6:10-7:00 PM	Booty Pump	Paige	
	7:10-8:05 PM	Cardio Dance Party	Jessica	
WEDNESDAY	4:30-5:25 PM	Cardio Dance Party	Karen	
	6:00-6:50 PM	Booty Pump <b>*NEW!*</b>	Morgan	
	7:00-8:15 PM	GROOV3	Jessica	
THURSDAY	6:00-6:55 AM	Turbo Kick® Fitness	Lisa	
	9:30-10:20 AM	Low Impact Cardio Dance Party/KDFit Fusion	Floribel	
	10:40-11:30 AM	Move & Grow for Toddlers & Preschoolers	Isabelle	
	5:00-5:50 PM	Hip Hop Kids Dance Fitness® - Tweens/Teens Edition	Candice	
	6:10-7:00 PM	Booty Pump	Paige	
	7:10-8:00 PM	Cardio Dance Party	Jessica	
8:10-8:40 PM	Love Yourself / Stretch Yourself	Jessica		
FRIDAY	9:30-10:20 AM	Booty Pump	Katie	
	10:30-11:20 AM	Cardio Dance Party	Jessica	
	4:15-5:05 PM	Barre Above™	Mikayla	
	1x Monthly	Friday Night Dance Parties!	Variable	
SATURDAY	8:30-9:20 AM	Booty Pump	Katie	
	9:30-10:20 AM	Cardio Dance Party	Karen	
	10:45-11:30 AM	Hip Hop Kids Dance Fitness®	Michelle	
SUNDAY	9:30-10:20 AM	Booty Camp	Ginny	
	10:30-11:25 AM	WERQ® Dance Fitness	Ginny	



Move & Grow and Hip Hop Kids Dance Fitness® classes are **not included** in Membership. (Register via [6crickets.com](http://6crickets.com))  
 SLAY LIVE plus Members save 15% on all In-Studio HHK registrations! Discount Code found in "Member Home".