

FALL



# SEATTLE

## DANCE FITNESS



In-person + Livestream  
In-person Only  
Strength Class

Preschoolers:



Kids/Teens:



Adults:

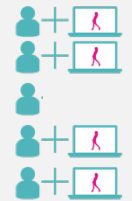


### MONDAY

**10:00-10:55 AM**  
**4:15-5:30 PM**  
**5:45-6:30 PM**  
**6:50-7:40 PM**  
**7:50-8:45 PM**



Cardio Dance Party  
Intro to GROOV3  
Hip Hop Kids Dance Fitness®  
WERQ® Dance Fitness  
Deep Restorative Flow Yoga **NEW FORMAT!**

Jessica  
Ginny  
Tamara  
Ruben  
Katie



### TUESDAY

**9:30-10:20 AM**  
**6:10-7:00 PM**  
**7:10-8:05 PM**



Barre Above™   
Booty Pump   
Cardio Dance Party

Ginny  
Paige  
Jessica



### WEDNESDAY

**4:30-5:25 PM**  
**5:45-6:30 PM**  
**7:00-8:15 PM**


Cardio Dance Party **NEW TIME!**   
Strong Base   
GROOV3

Karen  
Hannah  
Jessica



### THURSDAY

**6:00-6:55 AM**  
**9:30-10:20 AM**  
**10:40-11:30 AM**  
**5:00-5:50 PM**  
**6:10-7:00 PM**  
**7:10-8:00 PM**  
**8:10-8:40 PM**

Turbo Kick® Fitness  
Low Impact Cardio Dance Party/KDFit Fusion **\*NEW!\***  
Move & Grow for Toddlers & Preschoolers  
Hip Hop Kids Dance Fitness® - Tweens/Teens Edition  
Booty Pump   
Cardio Dance Party  
Love Yourself / Stretch Yourself

Lisa  
Floribel  
Isabelle  
Candice  
Paige  
Jessica  
Jessica

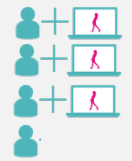


### FRIDAY

**9:30-10:20 AM**  
**10:30-11:20 AM**  
**4:15-5:05 PM**  
**1x Monthly**


Booty Pump **\*NEW!\***   
Cardio Dance Party **NEW TIME!**   
Barre Above™ **\*NEW!\***   
Friday Night Dance Parties!

Katie  
Jessica  
Mikayla  
Variable



### SATURDAY

**8:30-9:20 AM**  
**9:30-10:20 AM**  
**10:45-11:30 AM**


Booty Pump   
Cardio Dance Party  
Hip Hop Kids Dance Fitness®

Katie  
Karen  
Tamara



### SUNDAY

**9:30-10:20 AM**  
**10:30-11:20 AM**  
**7:00-7:55 PM**

Booty Camp   
WERQ® Dance Fitness  
Cardio Dance Party

Ginny  
Ginny  
Hannah



2024



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