

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
November 2018			9:30AM Nia 7PM BollyX 8PM - Rumba 8PM Beg Ballroom 1	9:30AM Zumba 7PM Ballroom 8PM - Waltz 2	9:30AM Zumba 10:30AM Strong by Zumba 11:30AM Nia 3	4
9:30AM Zumba 6PM Zumba T/S last 7PM Nia 7PM Argentine Tango 8PM Beginner Salsa 5	9:30AM Zumba Toning 6PM Zumba 7PM DanceFit 7PM Ballroom 8PM Bolero 6	6PM Socacize 8PM Ballroom 8PM Beg Blrm 7	9:30AM Nia 7PM BollyX 8PM Cha Cha 8PM Beg. Ballroom 8	9:30AM Zumba 7PM Ballroom 8PM V. Waltz 9	9:30AM Zumba 10:30AM Strong by Zumba 11:30AM Nia 10	11
9:30AM Zumba NEW! 6PM STRONG by Zumba 7PM Nia 7PM Argentine Tango 8PM Beginner Salsa 12	9:30AM Zumba Toning 6PM Zumba 7PM DanceFit 7PM Ballroom 8PM Hustle 13	6PM Socacize 8PM Ballroom 8PM Beg Blrm 14	9:30AM Nia 7PM BollyX 8PM Bachata 8PM Beg. Ballroom 15	9:30AM Zumba 7PM Ballroom 8PM Club Member Party 16	9:30AM Zumba 10:30AM Strong by Zumba 11:30AM Nia 17	18

<p>9:30AM Zumba</p> <p>NEW! 6PM STRONG by Zumba</p> <p>7PM Nia</p> <p>7PM Argentine Tango</p> <p>8PM Beginner Salsa</p> <p style="text-align: right;">19</p>	<p>9:30AM Zumba Toning</p> <p>6PM Zumba</p> <p>7PM DanceFit</p> <p>7PM Ballroom</p> <p>8PM American Tango</p> <p style="text-align: right;">20</p>	<p>6PM Socacize</p> <p>8PM Ballroom</p> <p>8PM Beg Blrm</p> <p style="text-align: right;">21</p>	<p>9:30AM Nia</p> <p>7PM BollyX</p> <p>8PM Foxtrot</p> <p>8PM Beg. Ballroom</p> <p style="text-align: right;">22</p>	<p>9:30AM Zumba</p> <p>7PM Ballroom</p> <p>8PM Quickstep</p> <p style="text-align: right;">23</p>	<p>9:30AM Drum Zumba Session \$5 in support of Prostate Cancer Canada</p> <p>10:30AM Strong by Zumba</p> <p>11:30AM Nia</p> <p style="text-align: right;">24</p>	<p style="text-align: right;">25</p>
<p>9:30AM Zumba</p> <p>6PM STRONG By Zumba</p> <p>7PM Nia</p> <p>7PM Argentine Tango</p> <p>8PM Beginner Salsa</p> <p style="text-align: right;">26</p>	<p>9:30AM Z-Toning</p> <p>6PM Zumba</p> <p>7PM DanceFit</p> <p>7PM Ballroom</p> <p>8PM Merengue</p> <p style="text-align: right;">27</p>	<p>6PM Socacize</p> <p>8PM Ballroom</p> <p>8PM Beg Blrm</p> <p style="text-align: right;">28</p>	<p>9:30AM Nia</p> <p>7PM BollyX</p> <p>8PM Foxtrot</p> <p>8PM Beg. Ballroom</p> <p style="text-align: right;">29</p>	<p>9:30AM Zumba</p> <p>7PM Ballroom</p> <p>8PM Quickstep</p> <p>Review</p> <p style="text-align: right;">30</p>	<p>December 1ST</p> <p>AIM Dance Christmas Party</p> <p>Doors Open 7:30pm</p> <p>8pm Bachata lesson</p>	

Events/Specials for November

- November 4 - Zero Tasking Day – take a break! (til Monday ☺)
- November 7 - Bittersweet Chocolate with Almonds Day – yummy...need we say more?!
- November 8 – Tongue Twister Day - Silly Sally swiftly shooed seven silly sheep
- **November 8 – Lights of Diwali Celebration – BollyX class tonight at 7:00PM is **FREE****
- November 13 – World Kindness Day – be kind to a stranger – it could make their whole day
- November 14 – Pickle Day – do you like yours Dill, Sweet, or Gherkin?
- November 15 – Use Less Stuff Day – get back to being a little simpler for one day
- November 17 – Take a Hike Day – yes, really, go take a hike!
- November 22 – Go for a Ride Day – take the scenic route home after dance class
- November 23 – Buy Nothing Day – bring your lunch to work, make your own coffee
- **November 24 – 9:30AM - Zumba Live Drums for Prostate Cancer Canada – \$5.00 per person**
– **drumming led by Brian, dancing led by Margi & Kelly**

Plan ahead before the holidays sneak up -

Gift cards are available for that person who has everything!

Contact us anytime

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