

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# APRIL 2025

9AM Tone & Stretch SR 6  
10AM Comin in Hot SR

4:00 Bachata Level 2\* AC,JO  
5:00 Cumbia Level 1 EV,SG  
5:00 Night Club 2-Step Level 2\* HW  
6-7:30 Salsa/ Bachata Level 1 HW  
6:00 West Coast Swing Level 2+\* EZ, JM

**SUNDAY SOCIAL**  
**BALLROOM SALSA/ BACHATA**  
Lessons at 7PM, Dancing at 7:30PM  
\$10/person

9AM Tone & Stretch SR 13  
10AM Comin in Hot SR

4:00 Bachata Level 2\* AC,JO  
5:00 Cumbia Level 1 EV,SG  
5:00 Night Club 2-Step Level 2\* HW  
6-7:30 Salsa/ Bachata Level 1 HW  
6:00 West Coast Swing Level 2+\* DH, JM



9AM Tone & Stretch SR 27  
10AM Comin in Hot SR

4:00 Bachata Level 2\* AC,JO  
5:00 Cumbia Level 1 EV,SG  
5:00 Night Club 2-Step Level 2\* HW  
6-7:30 Salsa/ Bachata Level 1 HW  
6:00 West Coast Swing Level 2+\* EZ, HM

9AM Totally Toned JS 7  
10AM Mixxed Tape BC

6:30 Country Swing Level 2\* DS  
7:30 Country Swing Level 1 DS  
7:30-9 Salsa/ Bachata Level 2.5\* PV, SM  
7:30-9 Salsa/ Bachata Level 1.5\* NEW SG

9AM Totally Toned JS 14  
10AM Mixxed Tape BC

6:30 Country Swing Level 2\* DS, HM  
7:30 Country Swing Level 1 DS, HM  
7:30-9 Salsa/ Bachata Level 2.5\* PV, SM  
7:30-9 Salsa/ Bachata Level 1.5\* NEW SG

9AM Totally Toned JS 21  
10AM Mixxed Tape BC

6:30 Country Swing Level 2\* DS, HM  
7:30 Country Swing Level 1 DS, HM  
7:30-9 Salsa/ Bachata Level 2.5\* PV, SM  
7:30-9 Salsa/ Bachata Level 1.5\* NEW SG

9AM Totally Toned JS 28  
10AM Mixxed Tape BC

6:30 Country Swing Level 2\* DS, HM  
7:30 Country Swing Level 1 DS, HM  
7:30-9 Salsa/ Bachata Level 2.5\* PV, SM  
7:30-9 Salsa/ Bachata Level 1.5\* NEW SG

9AM Step & Core NEW SR 1  
5:30 Barre & Stretch BK  
6:30 ReFit BC  
6:30 Country 2-Step Level 1 EZ  
7:00 Country Swing Practice PDXW  
7:30 Country 2-Step Level 2\* EZ  
7:45 Line Dancing lesson + practice KN

**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
Dancing 8:30-10:30PM  
\$5/person

9AM Step & Core NEW AV 8  
5:30 Barre & Stretch AV  
6:30 ReFit BC

6:30 Country 2-Step Level 1 EZ  
7:00 Country Swing Practice PDXW  
7:30 Country 2-Step Level 2\* EZ  
7:45 Line Dancing lesson + practice KN

**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
Dancing 8:30-10:30PM  
\$5/person

9AM Step & Core NEW AV 15  
5:30 Barre & Stretch AV  
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM  
7:00 Country Swing Practice PDXW  
7:30 Country 2-Step Level 2\* HM  
7:45 Line Dancing lesson + practice KN

**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
Dancing 8:30-10:30PM  
\$5/person

9AM Step & Core NEW AV 22  
5:30 Barre & Stretch AV  
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM  
7:00 Country Swing Practice PDXW  
7:30 Country 2-Step Level 2\* HM  
7:45 Line Dancing lesson + practice KN

**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
Dancing 8:30-10:30PM  
\$5/person

9AM Step & Core NEW AV 29  
5:30 Barre & Stretch AV  
6:30 ReFit BC

6:30 Country 2-Step Level 1 HM  
7:00 Country Swing Practice PDXW  
7:30 Country 2-Step Level 2\* HM  
7:45 Line Dancing lesson + practice KN

**TUESDAY SOCIAL**  
**West Coast Swing & Two Step**  
**Country Swing & Line Dance**  
Dancing 8:30-10:30PM  
\$5/person

9AM Power Hour JS 2  
10AM Core & Stretch JH  
5:30 Hard Core - Booty SR  
6:30 Comin in Hot SR

6:30 Country Swing Level 1 NEW CR, MP  
6:30 Casino Rueda Level 3\* MV  
7:30-9 Salsa/ Bachata Level 1 HW  
7:30-9 Salsa/ Bachata Level 2\* PV, SM  
7:30-9 Salsa/ Bachata Performance3\* MS, KB

9AM Power Hour JS 9  
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP  
6:30 Casino Rueda Level 3\* MV  
7:30-9 Salsa/ Bachata Level 1 HW  
7:30-9 Salsa/ Bachata Level 2\* PV, SM  
7:30-9 Salsa/ Bachata Performance3\* MS, KB

9AM Power Hour JS 16  
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP  
6:30 Casino Rueda Level 3\* MV  
7:30-9 Salsa/ Bachata Level 1 SG  
7:30-9 Salsa/ Bachata Level 2\* PV, SM  
7:30-9 Salsa/ Bachata Performance3\* MS, KB

9AM Power Hour JS 23  
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP  
6:30 Casino Rueda Level 3\* MV  
7:30-9 Salsa/ Bachata Level 1 HW  
7:30-9 Salsa/ Bachata Level 2\* PV, SM  
7:30-9 Salsa/ Bachata Performance3\* MS, KB

9AM Power Hour JS 30  
10AM Core & Stretch JH

6:30 Country Swing Level 1 NEW CR, MP  
6:30 Casino Rueda Level 3\* MV  
7:30-9 Salsa/ Bachata Level 1 HW  
7:30-9 Salsa/ Bachata Level 2\* PV, SM  
7:30-9 Salsa/ Bachata Performance3\* MS, KB

9AM Meet Me at the Barre AV 3  
7:30 503 Cardio Groove BC

6:30 Bachata Level 1 EV, SM  
7:30 Casino Rueda Level 1 SG  
7:30 Casino Rueda Levels 1.5 & 2\* MV, SGD

9AM Meet Me at the Barre AV 10  
7:30 503 Cardio Groove BC

6:30 Bachata Level 1 EV, SM  
7:30 Casino Rueda Level 1 SG  
7:30 Casino Rueda Levels 1.5 & 2\* MV, SGD

9AM Meet Me at the Barre AV 17  
7:30 503 Cardio Groove BC

6:30 Bachata Level 1 EV, SM  
7:30 Casino Rueda Level 1 SG  
7:30 Casino Rueda Levels 1.5 & 2\* MV, SGD

9AM Meet Me at the Barre AV 24  
7:30 503 Cardio Groove BC

6:30 Bachata Level 1 EV, SM  
7:30 Casino Rueda Level 1 SG  
7:30 Casino Rueda Levels 1.5 & 2\* MV, SGD

**INSTRUCTOR KEY**  
AC Adrian Contreras JO Julia Ostrovskaja  
AV Amy V JS Jodie Swanegan  
BC Brenda Carlson KB Kristina Boulanger  
BK Brooke Kollie KN Kat Nichols  
CR Cole Runion LW LaTosha Wilson  
DS David Saylor MP Madi Puryear  
EV Enrique Villarreal MS Miles Schofield  
EZ Eric Zimmer MV Miguel Vazquez  
HM Haley Miller PV Paul Venecia  
HW Haley Wayt SG Shawn Gardner  
JH Janet Hewitt SM Sierra Mullins  
JM Jana Marie SR Syd Reed  
PDXW PDX Weekly  
\* Indicates Instructor Approval REQUIRED

9AM Power Pilates JH 4  
10AM ReFit BC  
12PM Hip Hop HIITs LW

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Power Pilates JH 11  
10AM ReFit BC  
12PM Hip Hop HIITs LW



**8:30PM - 1AM**  
Lessons at 8:45 & 9:30PM  
See website for more info

9AM Power Pilates JH 18  
10AM ReFit BC  
12PM Hip Hop HIITs LW

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Power Pilates JH 25  
10AM ReFit BC  
12PM Hip Hop HIITs LW



**7:30PM - 1AM**  
Lessons at 7:45 & 8:30PM  
See website for more info



PRIVATE EVENT RENTALS  
Contact us for availability

9AM Rev + Tone BC 5  
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Rev + Tone BC 12  
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Rev + Tone BC 19  
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS  
Contact us for availability

9AM Rev + Tone BC 26  
10AM Mixxed Tape BC

PRIVATE EVENT RENTALS  
Contact us for availability

**Membership Options**  
**INTRO - \$59/month**  
**STUDENT - \$70/month**  
**FITNESS - \$99/month**  
**ALL-ACCESS - \$120/month**

**DROP-IN CLASS RATES**  
Fitness Classes \$20/Class  
Dance Classes \$20 - \$25/Class  
Practice Passes available \$6 - \$11/HR

■ = Fitness Class ■ = Dance Class  
⚖ = Strength Class ❤ = Cardio Class

**SOCIALS**  
SUN: \$10 or INCLUDED in Membership  
TUE: \$5 or INCLUDED in Membership  
FRI: \$15 or 2/ \$20 or INC in Membership  
DETAILS ON ZEN PLANNER ONLINE