

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

9AM	Tone & Stretch	SR	2
10AM	Comin in Hot	SR	
4:00	East Coast Swing	Level 1 NEW	HW
4:00	Bachata	Level 2*	AC,JO
5:00	Cumbia	Level 1 NEW	EV
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

9AM	Totally Toned	JS	3
10AM	Mixed Tape	BC	
5:30	Hard Core - Arms	SR	
6:30	Dance Fit	SR	
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, JD
7:30-9	Salsa/ Bachata	Level 1.5*	SG

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

9AM	Power Hour	JS	5
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	Meet Me at the Barre	AV	6
7:30	503 Cardio Groove	BC	
6:30	Bachata	Level 1	EV, SM
7:30	Casino Rueda	Level 1	SG, SGD
7:30	Casino Rueda	Levels 1.5 & 2*	MV, SGD

FREE TRIAL CLASS ALL WELCOME
Channel your inner rockstar in an electrifying cardio-jam dance session
POUND
ROCKOUT. WORKOUT.
Guest instructor Holly Fidanzo
6:30-7:30PM
Ripsticks provided

PRIVATE EVENT RENTALS
 Contact us for availability

9AM	Tone & Stretch	SR	9
10AM	Comin in Hot	SR	
4:00	East Coast Swing	Level 1 NEW	HW
4:00	Bachata	Level 2*	AC, JO
5:00	Cumbia	Level 1 NEW	EV
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	10
10AM	Mixed Tape	BC	
5:30	Hard Core - Arms	SR	
6:30	Dance Fit	SR	
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*	SG

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

9AM	Power Hour	JS	12
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	Meet Me at the Barre	AV	13
7:30	503 Cardio Groove	BC	
6:30	Bachata	Level 1	EV, SM
7:30	Casino Rueda	Level 1	SG, SGD
7:30	Casino Rueda	Levels 1.5 & 2*	MV, SGD

FRIDAY FUSION
3 FLOORS of DANCING 7:30PM-1AM
COUNTRY NIGHT
LATIN NIGHT
DANCING STARTS AT 7:30PM
Lessons at 7:45 & 8:30PM
See website for more info
\$15/person or 2 for \$20

PRIVATE EVENT RENTALS
 Contact us for availability

9AM	Tone & Stretch	SR	16
10AM	Comin in Hot	SR	
4:00	East Coast Swing	Level 1 NEW	HW
4:00	Bachata	Level 2*	AC, JO
5:00	Cumbia	Level 1 NEW	EV
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	17
10AM	Mixed Tape	BC	
5:30	Hard Core - Arms	SR	
6:30	Dance Fit	SR	
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*	SG

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

9AM	Power Hour	JS	19
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	Meet Me at the Barre	AV	20
7:30	503 Cardio Groove	BC	
6:30	Bachata	Level 1	EV, SM
7:30	Casino Rueda	Level 1	SG, SGD
7:30	Casino Rueda	Levels 1.5 & 2*	MV, SGD

PRIVATE EVENT RENTALS
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PRIVATE EVENT RENTALS
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9AM	Tone & Stretch	SR	23
10AM	Comin in Hot	SR	
4:00	Bachata	Level 2*	AC, JO
5:00	Cumbia	Practica	EV
5:00	Night Club 2-Step	Practica	HW
6-7:30	Salsa/ Bachata	Practica	HW
6:00	West Coast Swing	Practica	HM

9AM	Totally Toned	JS	24
10AM	Mixed Tape	BC	
5:30	Hard Core - Arms	SR	
6:30	Dance Fit	SR	
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*	SG

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

9AM	Power Hour	JS	26
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	Meet Me at the Barre	AV	27
7:30	503 Cardio Groove	BC	
6:30	Bachata	Level 1	EV, SM
7:30	Casino Rueda	Level 1	SG, SGD
7:30	Casino Rueda	Levels 1.5 & 2*	MV, SGD

LATIN NIGHT
3 FLOORS of DANCING 8:00PM-1AM
Salsa, Bachata, Cumbia, & Reggaeton
DOORS OPEN AT 8:00PM
Lessons at 8:30 & 9:15PM
See website for more info
\$15/person or 2 for \$20

PRIVATE EVENT RENTALS
 Contact us for availability

9AM	Tone & Stretch	SR	30
10AM	Comin in Hot	SR	
4:00	East Coast Swing	Level 1	HW
4:00	Bachata	Level 2*	AC, JO
5:00	Cumbia	Level 1	EV
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

9AM	Totally Toned	JS	31
10AM	Mixed Tape	BC	
5:30	Hard Core - Arms	SR	
6:30	Dance Fit	SR	
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*	SG

Membership Options
INTRO - \$59/month
STUDENT - \$70/month
FITNESS - \$99/month
ALL-ACCESS - \$120/month
ASK FRONT DESK ABOUT SILVER FITNESS OPTIONS

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

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

MARCH 2025