

SUN	MON	TUE	WED	THU	FRI	SAT
31	1	2 BounceFit 6:30 - 7:15	3 DanceFit 5:30 - 6:20	4 BounceFit 6:00 - 6:45	5	6
7	8	9 BounceFit 6:30 - 7:15	10	11 BounceFit 6:00 - 6:45	12	13
14	15	16 BounceFit 6:30 - 7:15	17 DanceFit 5:30 - 6:20	18	19	20 BounceFit 10:00 - 10:45
21	22	23 BounceFit 6:45 - 7:30	24 DanceFit 5:30 - 6:20	25 POP-UP - Barre Fitness 6:00 - 6:45	26	27 BounceFit 9:45 - 10:30
28	29	30 BounceFit 6:00 - 6:45				

Ages 3-5

Ages 6-9

Ages 10-12

Ages 13 and up

Acro

Technique

POP-UPS

Workout

Summer Session Calendar
2026

July

La Bella Dance

SUN	MON	TUE	WED	THU	FRI	SAT
		30	1 DanceFit 5:30 - 6:20	2 Closed	3 Closed	4 Closed
5	6	7	8 DanceFit 5:30 - 6:20	9 BounceFit 6:00 - 6:45	10	11 BounceFit 10:00 - 10:45
12	13 POP-UP - Step Class 6:00 - 6:45	14 BounceFit 6:30 - 7:15	15 DanceFit 5:30 - 6:20	16 POP-UP - Line Dancing 6:00 - 6:45	17	18 BounceFit 10:00 - 10:45
19	20	21	22 POP-UP - Barre Workout 6:00 - 6:45	23	24	25
26	27	28 BounceFit 6:30 - 7:15	29 DanceFit 5:30 - 6:20	30	31	

Ages 3-5

Ages 6-9

Ages 10-12

Ages 13 and up

Acro

Workout

POP-UPS

Technique

August

La Bella Dance

SUN	MON	TUE	WED	THU	FRI	SAT
					31	1
2	3	4 BounceFit 6:30-7:15	5 DanceFit 5:30-6:20	6 POP-UP - Step Class 6:00-6:45	7	8 BounceFit 10:00-10:45
9	10	11 BounceFit 6:30-7:15	12 DanceFit 5:30-6:20	13 POP-UP - Line Dancing 6:00-6:45	14	15 BounceFit 10:00-10:45
16	17	18 BounceFit 6:30-7:15	19 DanceFit 5:30-6:20	20 POP-UP - Barre Workout 6:00-6:45	21	22
23	24	25 BounceFit 6:00-6:45	26 DanceFit 5:30-6:20	27	28	29 BounceFit 10:00-10:45

Ages 3-5

Ages 6-9

Ages 10-12

Ages 13 and up

Acro

Workout

Pop-Ups

Technique