



may class schedule

M T W T F S S

 special theme
united in dance



1
LABLAST
FITNESS
9AM EST 

2

3
BALLESTONE
6PM EST

4

5

6

7
LABLAST
FITNESS
6PM EST

8
Ballroom HIIT
10AM EST

STRETCH
1030AM

9


10
BALLESTONE
6PM EST

11

12

13

14
LABLAST
FITNESS
6PM EST

15 
LABLAST
FITNESS
10AM EST
United in
Dance 1pm

16

17
BALLESTONE
6PM EST

18

United in
Dance 7pm

19

20

21
LABLAST
FITNESS
6PM EST

22
LABLAST
FITNESS
10AM EST
United in
Dance 12pm

23 

24 / 31
24th - 6PM EST
BALLESTONE

25

31st - 10AM EST 
LABLAST FITNESS

26

TC Dance
Party
6PM EST

27

28
LABLAST
FITNESS
6PM EST

29 
TRIVIA
LABLAST
FITNESS
10AM EST

30

There is plenty for everyone, and we bless and prosper each other.