

STUDIO D SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		OB Fit & Kingz & Queenz Sweat Sisters Morning Workout	OB Fit & Kingz & Queenz Sweat Sisters Morning Workout	OB Fit & Kingz & Queenz Sweat Sisters Morning Workout	OB Fit & Kingz & Queenz Sweat Sisters Morning Workout	OB Fit & Kingz & Queenz Sweat Sisters Morning Workout	
6:00 AM		Kingz & Queenz Fitness	OB Fit Camp 8	Kingz & Queenz Fitness	OB Fit Camp 8	Kingz & Queenz Fitness	OB Fit Camp 8
7:00 AM		OB Fit Private		OB Fit Private		OB Fit Private	
8:00 AM		OB Fit & Kingz & Queenz Cardio Express		OB Fit & Kingz & Queenz Cardio Express		OB Fit & Kingz & Queenz Cardio Express	OB Fit Camp 8
9:00 AM							
10:00 AM			OB Fit Private		OB Fit Private		
11:00 AM		OB Fit Private	OB Fit Private	OB Fit Private	OB Fit Private		African Dance and Drumming Class
1:00 PM							
2:00 PM	Salsa Basic Beginner Makeup	2:30 PM OB Fit Private	2:30 PM OB Fit Private	2:30 PM OB Fit Private	2:30 PM OB Fit Private	2:30 PM OB Fit Private	
3:00 PM	Salsa Basic Beginner 3 PM-430 PM						
4:00 PM	Salsa Advanced Beginner 430 PM- 6 PM- 6						
5:00 PM	Salsa Advanced Beginner 430 PM- 6	530 PM- 630 PM Kingz & Queenz Fitness	Kingz & Queenz Fitness	530 PM- 630 PM Kingz & Queenz Fitness	Kingz & Queenz Fitness	530PM- 630 PM Kingz & Queenz Fitness	
6:00 PM	Salsa Essence of Leading and Following	6:30 PM-730 Cha Cha Footwork & Parterwork	Kingz & Queenz Fitness	6:30 PM-730 Zumba Twerk Out	Kingz & Queenz Fitness		
7:00 PM	Tallahassee Touch Team Rehearsals	Cha Cha Cha Footwork & Parterwork		6:30 PM-730 Zumba Twerk Out	Kingz & Queenz Fitness		
8:00 PM		Tallahassee Salsa Dancers Team	TSD Ladies Bachata Team Rehearsals	Salsa Advanced Beginner Makeup	Bachata Technique		
9:00 PM		Dancers Team Rehearsals			9:30 PM Bachata Fever		
10:00 PM					Bachata Fever		
11:00 PM					Bachata Fever		