


# **JAZZERCISE** November Classes 2020–Studio & Live

**7 Live Classes Are: Tues & Thurs- 9.15am, Mon & Wed -5.00pm, Thurs -6.00pm, Fri & Sun- 4.30pm**

LETS COLOUR NOVEMBER WITH SOME FUN!!!!

SUN	MON	TUE	WED	THU	FRI	SAT	CLASS FORMATS
<b>1</b> 7.30am-Barre 8.30am-DM  4.30pm-FF	<b>2</b> 5.30am-F 9.15am-DM  5.00pm-DM45 6.00pm-FF 6.00pm-S60- Cooroy	<b>3</b> 5.30am-IDM 9.15am-IF  5.00pm-Barre 6.00pm-S	<b>4 WEAR PURPLE</b> 8.30am-Exp30 9.15am- S60  5.00pm-IDM45 6.00pm-S60 6.00pm-DM-Cooroy	<b>5</b> 5.30am-F 9.15am-DM  5.00pm-S45 6.00pm-DM	<b>6</b> 9.15am-IDM   4.30pm- Strike	<b>7</b> 7.15amS30 8.00am-IDM 6.00pm-DM-Cooroy	<b>DM-</b> Dance Mix- High intensity based dance class followed by strength.  <b>E-Express-</b> 30 min class with cardio
<b>8</b> 7.30am-Barre- 8.30am-DM  4.30pm-FF	<b>9 WEAR BLUE</b> 5.30am-DM 9.15am-IDM  5.00pm-DM45 6.00pm-IF 6.00pm-S60- Cooroy	<b>10</b> 5.30am-F 9.15am-FF  5.00pm-Barre 6.00pm-DM	<b>11</b> 8.30am-Exp30 9.15am- S60  5.00pm-Strike45 6.00pm-S60 6.00pm-DM-Cooroy	<b>12</b> 5.30am-FF 9.15am-IDM  5.00pm-S45 6.00pm-F	<b>13</b> 9.15am-DM   4.30pm- F-Strike	<b>14</b> 7.15amS30 8.00am-DM 6.00pm-F-Cooroy	<b>IDM-</b> Interval Dance Mixx High and low intensity moves followed by strength  <b>F-</b> Fusion-Circuit based class with cardio and strength
<b>15</b> 7.30am-Barre- 8.30am-DM  4.30pm-FF	<b>16</b> 5.30am-IDM 9.15am-FF  5.00pm-DM45 6.00pm-FF 6.00pm-S60- Cooroy	<b>17 WEAR GREEN</b> 5.30am-DM 9.15am-DM  5.00pm-Barre 6.00pm-S	<b>18</b> 8.30am-Exp30 9.15am- S60  5.00pm-DM45 6.00pm-S60 6.00pm-DM-Cooroy	<b>19</b> 5.30am-DM 9.15am-IDM  5.00pm-S45 6.00pm-DM	<b>20</b> 9.15am-F   4.30pm- Strike	<b>21 Open Day</b> <b>Nambour Free Classes</b>  7.15amS30 8.00am-F 6.00pm-IDM-Cooroy	<b>IF-</b> Interval Fusion-High instenisty class with the emphasis on strength work.  <b>FF-Flip Fusion-</b> Strength based class with small burst of cardio
<b>22 Nambour Jazzercise</b> <b>Christmas Party</b> 7.30am-Barre 8.30am-DM  4.30pm--No class	<b>23</b> 5.30am-F 9.15am-F  5.00pm-DM45 6.00pm-IF 6.00pm-S60- Cooroy	<b>24</b> 5.30am-IDM 9.15am-DM  5.00pm-Barre 6.00pm-DM	<b>25 WEAR YELLOW</b> 8.30am-Exp30 9.15am- S60  5.00pm-F45 6.00pm-S60 6.00pm-DM-Cooroy	<b>26</b> 5.30am-DM 9.15am-FF  5.00pm-S45 6.00pm-F	<b>27</b> 9.15am-DM   4.30pm- FF-Strike	<b>28 WEAR ORANGE</b> 7.15amS30 8.00am-DM 6.00pm-S-Cooroy	<b>S-Strike-</b> Cardio based class with kickboxing moves  <b>S-Strength 30, 45 &amp; 60mins.</b> These classes focus on strength that includes all muscle groups.
<b>29</b> 7.30am-Barre 8.30am-DM  4.30pm-FF	<b>30</b> 5.30am-FF 9.15am-DM  5.00pm-DM45 6.00pm-FF 6.00pm-S60- Cooroy			Finding 3-4 hours a week for YOU is important. Research has shown exercise/dance is important! Mark your classes!  Never Give UP			<b>B-Barre-</b> Lengthens strengthens and tightens the muscles  <b>5.00pm classes are 45mins only!</b>

**Please remember to bring your weights, mats tubes and water bottles to each class!**