Elfrida Fitness Schedule

November 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
JackieSchaa@gmail.com 520-337-0359 Website:Elfridafitness.com	***2*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00*** ***Zumba 5:00 - 6:00***	***3***	***4*** ***Zumba*** ***5:00 - 6:00***	***5*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00***	***6*** *Beginner Line* *Dance 9-10:00*	***7***
8	***9*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00*** ***Zumba 5:00 - 6:00***	***10***	***11*** ***Zumba 5:00 - 6:00***	***12*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00***	***13*** *Beginner Line* *Dance 9-10:00*	***14***
15	***16*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00*** ***Zumba 5:00 - 6:00***	***17***	***18*** ***No Zumba***	***19*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00***	***20*** *Beginner Line* *Dance 9-10:00*	***21***
22	***23*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00*** ***Zumba 5:00 - 6:00***	***24***	***25*** ***No Zumba***	***26*** 	***27*** ***No Classes***	***28***
29	***30*** ***No Classes***	***1 December***	***2 December*** **No Class**	***3 December*** ***Strength/Balance*** ***9:00 - 10:00*** ***Fitness Yoga*** ***10:30 - 12:00***	***4 December*** *Beginner Line* *Dance 9-10:00*	
					**Monthly Price:** **Strength $30** **Zumba $40 Yoga $40** **Mix and Match $45**	**Price Per Class:** **Strength $5** **Zumba $5** **Yoga $7** **Line Dance $5**