



# April 2024 DanceFunkXion- Fitness, LLC



	Mon	Tue	Wed	Thu	Fri	Sat
<b>Fitness Class Rates</b> DFX Tabata & Circuit- *\$8.00 Zumba/MYSfyt Fitness- *\$5.00 8 Class Card- \$25.00 *Expires 45 days from activation 30 Days Unlimited Pass-\$35.00 **Expires 30 days from activation. <b>All Passes apply to ALL locations.</b>	<b>01</b> <b>GRIFFIN</b> Hip-Hop Fitness Cardio/Tone 6:00pm <b>DFX- MYSEFT</b>	<b>02</b> <b>TABATA</b> HIIT Class 6:00p @GRIFFIN 	<b>03</b> <b>Zumba Fitness</b> Dance Cardio 6:00pm 	<b>04</b> <b>CIRCUIT</b> Class 6:00p Griffin <b>DFX- HytFyt</b>	<b>05</b> No Classes	<b>06</b> No Classes
<b>For class reservations and payments online via website:</b> <a href="http://www.DanceFunkXion.com">www.DanceFunkXion.com</a> <b>Cash, Credit, and Debit payments also accepted</b> <b>*Square Merchant</b>	<b>08</b> <b>GRIFFIN</b> Hip-Hop Fitness Cardio/Tone 6:00pm <b>DFX- MYSEFT</b>	<b>09</b> <b>TABATA</b> HIIT Class 6:00p @GRIFFIN 	<b>10</b> <b>Zumba Fitness</b> Dance Cardio 6:00pm 	<b>11</b> <b>CIRCUIT</b> Class 6:00p Griffin <b>DFX- HytFyt</b>	<b>12</b> No Classes	<b>13</b> No Classes
    	<b>15</b> <b>GRIFFIN</b> Hip-Hop Fitness Cardio/Tone 6:00pm <b>DFX- MYSEFT</b>	<b>16</b> <b>TABATA</b> HIIT Class 6:00p @GRIFFIN 	<b>17</b> Dance Cardio 6:00pm 	<b>18</b> <b>CIRCUIT</b> Class 6:00p Griffin <b>DFX- HytFyt</b>	<b>19</b> No Classes	<b>20</b> No Classes
	<b>22</b> <b>GRIFFIN</b> Hip-Hop Fitness Cardio/Tone 6:00pm <b>DFX- MYSEFT</b>	<b>23</b> <b>TABATA</b> HIIT Class 6:00p @GRIFFIN 	<b>24</b> Dance Cardio 6:00pm 	<b>25</b> <b>CIRCUIT</b> Class 6:00p Griffin <b>DFX- HytFyt</b>	<b>26</b> No Classes	<b>27</b> No Classes
For more information, contact Tonya Harmon at 336-543-0197 @o_shedance  DanceFunkXion Fitness	<b>29</b> <b>GRIFFIN</b> Hip-Hop Fitness Cardio/Tone 6:00pm <b>DFX- MYSEFT</b>	<b>30</b> <b>TABATA</b> HIIT Class 6:00p @GRIFFIN 	<b>01</b> Dance Cardio 6:00pm 	<b>02</b> <b>CIRCUIT</b> Class 6:00p Griffin <b>DFX- HytFyt</b>	<b>03</b> No Classes	*See website for events: <a href="http://Dance-funkxion.com">Dance-funkxion.com</a>