



NOVEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 9:30am R.I.P.P.E.D.	21 5:30pm Zumba 6:30pm PUMP	22 5:30pm PiYo	23 6:30pm STRONG30	24 	25 9:30am BURN THE BIRD (IN-PERSON)	26 9:30am Zumba
27	28 5:30pm Zumba 6:30pm PUMP	29 6:30pm Rumble	30 5:30pm Piloxing	1	2	3

*All classes are live streamed unless otherwise noted. Pre-registration is required for all classes.
In person events are held at 225 Harrison Ave - Endicott, NY (Steps Performing Arts Studio)*



DECEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5:30pm R.I.P.P.E.D. 6:30pm Barre	2	3 9:30am Zumba
4 9:30am R.I.P.P.E.D.	5 5:30pm Zumba 6:30pm PUMP	6 6:30pm Rumble	7 5:30pm Piloxing	8 5:30pm R.I.P.P.E.D. 6:30pm Barre	9	10 9:30am Zumba
11 9:30am R.I.P.P.E.D.	12 5:30pm Zumba 6:30pm PUMP	13 5:30pm PiYo 6:30pm Rumble	14 5:30pm Piloxing 6:30pm STRONG30	15 5:30pm R.I.P.P.E.D. 6:30pm Barre	16	17 9:30am Zumba
18 9:30am R.I.P.P.E.D.	19 5:30pm Zumba 6:30pm PUMP	20 5:30pm PiYo 6:30pm Rumble	21 JINGLE J&M 6:00pm (IN-PERSON)	22 5:30pm R.I.P.P.E.D. 6:30pm Barre	23	24 NO CLASSES
25 MERRY CHRISTMAS	26 5:30pm Zumba 6:30pm PUMP	27 5:30pm PiYo 6:30pm Rumble	28 5:30pm Piloxing 6:30pm STRONG30	29 5:30pm R.I.P.P.E.D. 6:30pm Barre	30	31 9:30am Zumba

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