11 NOVEMBER 2026

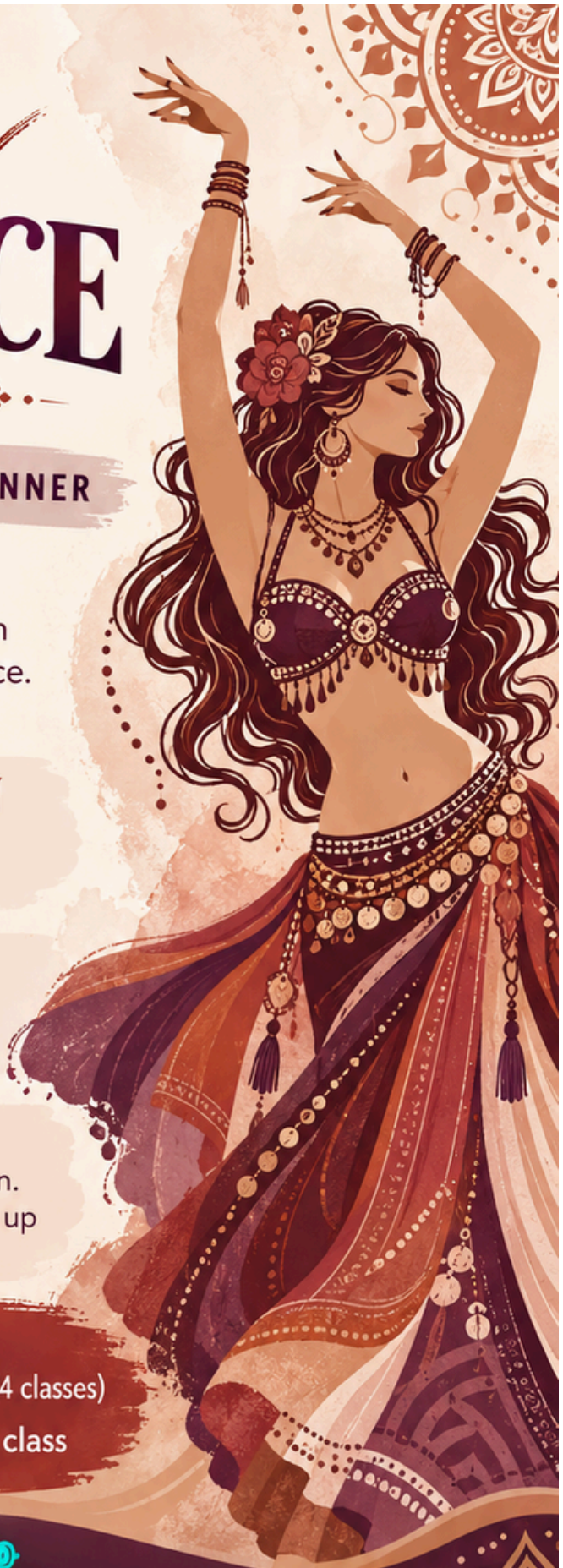
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **TBT 6:30AM**	3 **Step & Sculpt 5:15-6PM**	4 **TBT 6:30AM** **Belly Dance 5:15PM**	5 **Step & Sculpt 5:15-6PM**	6 **TBT 6:30AM**	7
8	9 **TBT 6:30AM**	10 **Step & Sculpt 5:15-6PM**	11 **TBT 6:30AM** **Belly Dance 5:15PM**	12 **Step & Sculpt 5:15-6PM**	13 **TBT 6:30AM**	14
15	16 **TBT 6:30AM**	17 **Step & Sculpt 5:15-6PM**	18 **TBT 6:30AM** **Belly Dance 5:15PM**	19 **Step & Sculpt 5:15-6PM**	20 **TBT 6:30AM**	21
22	23 **TBT 6:30AM**	24 **Step & Sculpt 5:15-6PM**	25 **Belly Dance 5:15PM**	26 	27	28
29	30 **TBT 6:30AM**					

November BELLY DANCE SESSION

AMERICAN TRIBAL STYLE (ATS) • BEGINNER

FUN ✦ MOVEMENT ✦ CONNECTION

Join us for fun, movement, and connection as we learn American Tribal Style Belly Dance. Perfect for beginners!



4-WEEK NOVEMBER SESSION

Tuesdays: November 4, 11, 18, 25
5:15 PM

LOCATION

Be Fit Ely Studio
740 Aultman (Upstairs)

WHAT TO WEAR

Wear comfortable clothing you can move in. Barefoot or dance shoes welcome. Dress it up or keep it simple—your choice!

PRICING

$20 for the full November session (4 classes)

$10 drop-in / single class

QUESTIONS?

BeFitEly@gmail.com
775-293-8555
www.BeFitEly.com

BE FIT ELY
BEFITELY.COM

10 OCTOBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Learn more about our classes at BeFitEly.com. **Questions? 775-293-8555 or befitely@gmail.com**				1 **Step & Sculpt 5:15-6PM**	2 **TBT 6:30AM**	3
4	5 **TBT 6:30AM**	6 **Step & Sculpt 5:15-6PM**	7 **TBT 6:30AM**	8 **Step & Sculpt 5:15-6PM**	9 **TBT 6:30AM**	10
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18	19	20	21	22	23	24
25	26	27	28	29 **Step & Sculpt 5:15-6PM**	30 **TBT 6:30AM**	31