

WEEKLY VIRTUAL CLASS SCHEDULE

January, February, March 2026

TUESDAYS

⌚ 3:00 PM EST

Freestyle Dance Class with DJ Big Ed

Platform: Zoom

⌚ 4:00 PM – 5:00 PM EST

DFURF Virtual Coaching Class

Platform: Microsoft Teams

⌚ 7:00 PM EST

DFURF Eruptions Class with Bryan

Platform: Microsoft Teams

WEDNESDAYS

⌚ 7:00 PM EST

Work It Out Class with DJ Sarah Sims

Platform: Zoom

THURSDAYS

⌚ 7:00 PM EST

DFURF Eruptions Class with Bryan

Platform: Microsoft Teams

contact - Email - EBuettner@nfhcs.org

