

**TBT SQUARES PRESENTS:**

# **2026 'NEW' PLUS CLASS SUMMER SERIES**

**WEDNESDAY NIGHTS (12 CLASSES)**

**May 20th - August 12th  
7:00pm-9:00pm**

**WHERE:**

**Bellami Fitness Center**

**32 Hayward Street, Manchester, NH 03103**

*Soft-Soled shoes only—No Street Shoes*

**TAUGHT BY:**

**Ted Lizotte - [ted@tedlizotte.com](mailto:ted@tedlizotte.com)**

**SEND TED AN EMAIL TO SIGN UP!!**

**LEARN THE NEW  
PLUS PROGRAM  
THIS SUMMER**

The 'New' Plus list gets implemented on Sept 1st, 2026. Get your first intro to the list with us and be ready for whatever comes your way next!

**PLUS CALLS WILL  
BE REVIEWED/  
TAUGHT  
"DBD STYLE"  
AKA  
"ALL POSITION"**

We will be breaking down the calls into their parts and looking at them from as many positions as the pace will allow.

**MINIMUM OF 2  
SQUARES NEEDED  
TO RUN THE  
CLASS**

Class cost is \$10/pp/per class.

If interested, send an email to Ted asking to be put on the email list.

We'll keep you updated as to the status.