

KEY:

NO	Feet			Hands		
	Bare	Sticky Socks	Shoes/Other	Bare	Sticky Gloves	Other
Y = YES / OPTIONAL	Notes: Ask us for Shoe/Special recommendations!			Notes: Sticky gloves always optional, but are REQUIRED for barre (unless no rings)		
★ FFS Suggested	For Sale @ Tiki: Sticky socks, Long or short Regular Socks, Fuzzy socks			For Sale @ Tiki: Sticky gloves, Ring guards, Neon gloves		

	Zumba	N	N		Y	Y	★ OPTIONAL Neon Gloves :)
	Zumba Toning	N	N	REQUIRED Lightweight, Smooth Bottom Sneakers	Y	Y	
	Zumba Sentao	N	N		Y	Y	
	Zumba Step	N	N	★ REQUIRED Cross-Trainers	Y	Y	
	STRONG by Zumba	N	N		Y	★ Y	OPTIONAL Weight-training gloves
	Turbo Kick	N	N	★ REQUIRED Cross-Trainers	★ Y	Y	OPTIONAL Neon Gloves :)
	Pound	★ Y	★ Y	OPTIONAL Lightweight Sneakers	OK, BUT -->	★ Highly Suggested	OPTIONAL Weight-training gloves
	The Fit FRIEND, Top H-IIT Off, T&A (Tush & Abs)	N	N	★ REQUIRED Cross-Trainers	Y	★ Y	OPTIONAL Weight-training gloves
	Buti Yoga	★ Y	Y	N	★ Y	Y	
	Buti Sculpt	★ Y	Y	OPTIONAL Lightweight Sneakers	★ Y	Y	
	Buti HotCore	N	N	★ REQUIRED Thick/Fuzzy Socks. OPTIONAL "Ouch Pouch" pads	OK, BUT -->	★ Highly Suggested	
	PiYo	Y	★ Y	N	Y	★ Y	
	bootybarre, "" Flex & Flow, "" SLIDER	Y	Y	★ OPTIONAL "Half Soles" or "Spinner Skinz"	OK, BUT -->	Y	★ If Bare hands, Ring Guards REQUIRED (or no rings)
	"" SCULPT	N	★ REQUIRED or -->	REQUIRED regular socks OK but slippery			
	Yoga	★ Y	Y	N	★ Y	Y	
	Just Dance!	OK, BUT -->	N	★ SUGGESTED "Half Soles" or "Spinner Skinz"	★ Y	Y	Neon Gloves optional :)

KEY:

NO

Y = YES / OPTIONAL



FFS
Suggested

Clothes

Equipment

Top

Bottom

Bra
Support

Special

Note: We have all equip required, some FRIENDz like to have their own :)

Notes: Lightweight clothing ALWAYS suggested, tight or loose. Sweatbands (Head/Wrist) usually suggested

For Sale @ Tiki: Sweatshirts, Tanks, Long-sleeved Tops, Zumba Pants, FFS Sweatpants (coming soon!), Bandanas, Sweat Bands, Towels

For Sale @ Tiki: bootybarre balls



Zumba

Bra, Tank, Short-sleeved

Leggings, Shorts, Any type of Pants

Heavy

Z. Toning Sticks
(OPTIONAL)

Zumba Toning

SUGGESTED

REQUIRED

Zumba Sentao

TIGHT Tank or Short-sleeved

Tight or Slightly loose
PANTS, NO ZUMBA TASSLES!

Moderate

Chair

Zumba Step

Bra, Tank, Short-sleeved

Leggings, Shorts, Any type of Pants

Heavy

Tutus :)

Aerobic Step
(OPTIONAL)



STRONG by Zumba

Bra, Tank, Short-sleeved

Leggings, Shorts, Any type of Pants

Heavy

Yoga Mat



Turbo Kick

Bra, Tank, Short-sleeved

Leggings, Shorts, Any type of Pants

Heavy

Yoga Mat



Pound

Bra, Tank, Short-sleeved

SUGGESTED
TIGHT shorts or pants,
Slightly loose pants OK

Moderate

Bandana :)

RipStix, Yoga Mat



The Fit FRIEND,
Top H-IIT Off,
T&A (Tush & Abs)

Bra, Tank, Short-sleeved

SUGGESTED
TIGHT shorts or pants,
Slightly loose pants OK

Heavy

Yoga Mat, Everything Else :)



Buti Yoga

Bra or VERY
lightweight top

SUGGESTED
TIGHT shorts or pants,
Slightly loose pants OK

Moderate

Yoga Mat

Buti Sculpt

Heavy

Yoga Mat

Buti HotCore

Moderate

OPTIONAL
Knee Pads

NOTE: NO Yoga Mat



PiYo

Bra, Tank, Short-sleeved

SUGGESTED
TIGHT shorts or pants,
Slightly loose pants OK

Moderate

Bandana :)

Yoga Mat



bootybarre,
"" Flex & Flow,
"" SLIDER

Bra, Tank, Short-sleeved

SUGGESTED
TIGHT shorts or pants,
Slightly loose pants OK

Moderate

Bandana or
Tutu :)

Yoga Mat, bootybarre ball or Sliders

"" SCULPT

Yoga Mat, bootybarre Cuffs



Yoga

SUGGESTED:
Sweatshirt (end/class). Bra, Tank, Short-sleeved

SUGGESTED
TIGHT shorts or pants,
Slightly loose pants OK

Moderate

Blanket (end of Class)

Yoga Mat, Yoga Block, Yoga Strap



Just Dance!

Bra, Tank, Short-sleeved

SUGGESTED
TIGHT shorts or pants,
Slightly loose pants OK

Moderate

Dancer's Soul :)