

AUGUST 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am TSF Circuit+ PumpFIT w/Staci	8:30 am TSF CycleFIT w/Kelsey	8:00 am TSF Ultimate WorkoutFIT w/Kris(8/2) w/LynnB!(8/9) 8:30am Zumba w/Staci(8/16,23,30)	8:30 am TSF PumpFIT w/Kelsey	8:30 am STRONG by Zumba w/Staci	8:00 am TSF PumpFIT w/Kelsey(8/5) w/Staci(8/12) w/Kris(8/19,26)	
9:15 am Zumba w/Staci	9:15 am Zumba w/Kelsey	9:00 am TSF Strength+Pilates +StretchFIT w/Robin 9:15 am TSF Strength+Pilates +StretchFIT w/Robin(8/16,23) w/Staci(8/30)	9:15 am Zumba w/Kelsey	9:15am Zumba w/Staci	9:00 am Zumba w/Annie(8/5) w/Staci(8/12) w/Annie(8/19) w/TBA(8/26)	
5:30 pm R&B Line Dancing w/Cynthia(8/7) Zumba w/Jorge(8/14,21,28) TSF PumpFIT w/Kris		5:30 pm U-JAM w/Amy (8/2,16,30) LaBlast w/Matt(8/9,23) TSF PumpFIT w/Kris	5:15 pm TSF Bella Body BarreFIT w/Lisa(8/10,17,24,31)		9:00 am TSF Core+MobilityFIT w/Kelsey(8/5) TSF Bella Body Barre w/Lisa(8/12) VeraFlow w/LynnB!(8/19)	4:00 pm R&B Line Dancing w/Cynthia 5:00 pm Zumba w/Jessica
6:30 pm TSF Ultimate WorkoutFIT w/Geon & Marianne TSF KettlebellFIT	5:30 pm Zumba w/Haley TSF Bella Body Barre w/Lisa(8/8,22)	6:30 pm U-JAM w/Amy(8/9,23) KIDS! \$7(8/16,30) w/Nina & Stephanie TSF Ultimate Workout FIT w/Geon & Marianne	5:30 pm LaBlast Line Dance w/Chris 6:00 pm TSF KettlebellFIT w/Staci		10:00 am Zumba w/Jorge(8/5) Cardio BoUnCe w/Lisa(8/12) Zumba w/LynnB!(8/19) w/Jessica(8/26)	
7:30 pm U-JAM w/Amy(8/7,14) Zumba w/Annie (8/21,28) R&B Line Dancing w/Cynthia(8/14,21,28)	6:30 pm TSF KettlebellFIT w/Dr.Dave LaBlast Shape w/Matt(8/15,29) Cardio BoUnCe w/Lisa(8/8,22)	Back 2 School Fitness Fun! Join us for back-to-school themed activities All ages are welcome! Ages 1-4 must be accompanied by an	6:30 pm Zumba w/Stephanie(8/3) Cardio BoUnCe w/Lisa (8/10,17,24,31)		10:00 am TSF KettlebellFIT w/Dr.Dave Back 2 School Fitness Fun! Join us for back-to- school themed activities All ages are welcome! Ages 1-4 must be accompanied by an adult. \$7 per child.	
		Wednesday, 8/16 & 8/30 6:30-7:15pm Saturday, 8/26 11:00am – 12:00pm Instructors Nina & Stephanie			Wednesday, 8/16 & 8/30 6:30-7:15pm Saturday, 8/26 11:00am – 12:00pm Instructors Nina & Stephanie	Please note: Classes and Instructors are subject to change at any time. Check The Studio Fitness Facebook page daily as/and if we are aware of any changes.