

# FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:15 am TSF BARRE+PumpFIT w/ w/Nina M</p> <p>9:00 am Zumba w/Nina M</p>	<p>8:00 am TSF Down &amp; Dirty 30FIT w/Melinda</p> <p>8:30 am TSF Circuit+PumpFIT w/Dr. Dave(2/6,20) w/Laney(2/13,27)</p>	<p>8:15 am Zumba w/Laney</p> <p>9:00 am TSF Strength+Pilates +StretchFIT w/Robin</p>	<p>8:00 am TSF Down &amp; Dirty 30FIT w/Melinda</p> <p>8:30 am Zumba w/Laney</p>	<p>8:00 am TSF Grow StrongerFIT w/Laney(2/9,16) w/Nina M.(2/23)</p> <p>8:45 am SA Zumba w/Davialys</p>	<p>8:00 am SA TSF PumpFIT w/Staci(2/10) w/Wendy(2/17) w/Kris(2/24)</p>	<p><b>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.</b></p>
<p>9:45 am Yoga Asana w/Melinda \$3 surcharge</p>	<p>9:15 am Zumba w/Dr. Nina W(2/6,20) w/Laney(2/13,27)</p>			<p>9:45 am Yoga Asana w/Melinda \$3 surcharge (NO CLASS 2/23)</p>	<p>9:00 am SA Zumba w/Staci(2/10) w/Haley(2/17,24)</p> <p>9:00 am SB TSF KettlebellFIT w/Dr. Dave</p>	<p>3:00 pm SA Cardio BoUnCe w/Lisa</p>
					<p>10:00 am SA Zumba w/Haley(2/10) w/Jessica(2/17) w/Nina M(2/24)</p> <p>10:00 am SB Buti Yoga w/Kim</p>	<p>4:00 pm SA R&amp;B Line Dancing w/Cynthia</p> <p>4:00 pm SB TSF BellaBody BarreFIT w/Lisa</p>
<p>5:30 pm SA Zumba w/Nina(2/5,19) w/Laney(2/12,26)</p> <p>5:30 pm SB TSF PumpFIT w/Kris</p>	<p>5:30 pm SA Zumba w/Davialys</p> <p>5:30 pm SB TSF Cycle Fusion+CircuitFIT w/Wendy</p>	<p>5:30 pm SA LaBlast w/Chris</p> <p>5:30 pm SB TSF PumpFIT w/Kris</p>	<p>5:30 pm SA LaBlast Line Dance w/Chris</p> <p>5:30 pm SB Buti Yoga w/Kim</p>		<p>11:00 am TSF Slow Flow Candlelight Restorative Yoga &amp; Aromatherapy w/Whitney \$3 surcharge</p>	<p>5:00 pm SA Zumba w/Jessica</p> <p>5:00 pm SB Power Sculpt Yoga w/Kim \$3 surcharge</p>
<p>6:30 pm SA TSF Ultimate WorkoutFIT w/Geon &amp; Marianne</p> <p>6:30 pm SB Buti Yoga w/Kim</p>	<p>6:30 pm SA Zumba U-JAM w/Amy</p> <p>6:30 pm SB TSF KettlebellFIT w/Doug</p>	<p>6:30 pm SA TSF Ultimate WorkoutFIT w/Geon &amp; Marianne</p> <p>6:30 pm SB TSF CycleFIT w/Doug</p>	<p>6:30 pm SA Cardio BoUnCe w/Lisa</p> <p>6:30 pm SB TSF KettlebellFIT w/Dr.Dave</p>		<p>11:00 am Kids ValentineFIT February 10</p> <p>More fun &amp; fitness the kids will LOVE for Valentine's Day! Zumba, workouts, games, and more. All will leave with prizes and a SWEET treat! Ages 2 and up. \$7 per child.</p>	<p>6:00 pm SB TSF Slow Flow Candlelight Restorative Yoga &amp; Aromatherapy w/Whitney \$3 surcharge</p>
			<p>7:30 pm SB TSF Bella Body BarreFIT w/Lisa</p>			