

JULY 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(7/19,26) w/LynnB!(7/12)	8:30 am TSF PumpFIT w/Kelsey	8:30 am STRONG by Zumba w/Staci	8:00 am TSF PumpFIT w/Kris(7/15, 22) w/Stephanie(7/29)	
9:15 am Zumba w/Staci	9:15 am Zumba w/Kelsey	9:00 am TSF Strength+Pilates +StretchFIT w/Robin(7/9,26) VeraFlow w/LynnB!(7/12)	9:15 am Zumba w/Kelsey 4:30 pm Just Dance w/Chris(7/6,20,27)	9:15am Zumba w/Staci	9:00 am Zumba w/Jessica(7/15) w/Haley(7/22) w/Stephanie(7/29)	
			5:15 pm TSF Bella Body BarreFIT w/Lisa(7/20) TSF PumpFIT w/Marianne(7/13) w/Nina M.(7/27)		9:00 am TSF Butts & GutsFITw/ Stephanie(7/22)	
5:30 pm Zumba w/Jorge(7/10,17,24) R&B Line Dancing w/Cynthia(7/31) TSF PumpFIT w/Kris	5:30 pm Zumba w/Haley TSF Total BodyFIT w/Marianne(7/11) w/Robin(7/18,25)	5:30 pm Zumba w/Haley(7/12) w/Lindsay(7/19,26) TSF PumpFIT w/Kris	5:30 pm LaBlast Line Dance w/Chris(7/6,20,27) w/Matt(7/13) 6:00 pm TSF KettlebellFIT w/Staci		10:00 am Zumba w/Jessica(7/15) w/Stephanie(7/22) U-JAM w/Amy(7/29)	4:00 pm R&B Line Dancing w/Cynthia(7/9,16,30) w/Cindy(7/23)
6:30 pm TSF Ultimate WorkoutFIT w/Geon & Marianne TSF KettlebellFIT w/Joan(7/24) w/Lindsay(7/10,17)	6:30 pm TSF KettlebellFIT w/Lindsay(7/11) w/LynnB!(7/18) w/Marianne(7/25) LaBlast Shape w/Matt(7/11,18) w/Chris(7/25)	6:30 pm U-JAM w/Amy(7/12,19,*) TSF Ultimate Workout FIT w/Geon & Marianne	6:30 pm Cardio BoUnCe w/Lisa (7/20) Zumba w/Dr. Nina W (7/13,27)		10:00 am TSF KettlebellFIT w/Lindsay(7/15) w/Dr.Dave(7/22,29)	5:00 pm Zumba w/Jessica
7:30 pm Zumba w/Annie R&B Line Dancing w/Cynthia(7/10,17,24)	7:30 pm U-JAM w/Amy(7/11) VeraFlow w/LynnB!(7/18)	6:30 pm Summer Fitness Fun Day Wednesday, July 26 ONLY \$7 per child Ages 1-4 must be accompanied by adult	U-JAM w/Amy(7/13,20)			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.