

# JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:15 am TSF BARRE+PumpFIT w/ w/Nina M(1/8,22,29) w/Kris(1/15)</p> <p>9:00 am Zumba w/Nina M w/Kris(1/15)</p>	<p>8:15 am TSF Circuit+PumpFIT w/Dr. Dave(1/9,23) w/Laney(1/16,30)</p> <p>9:15 am Zumba w/Laney(1/9,16,30) w/Dr. Nina W(1/23)</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/Doug &amp; Joan</p>	<p>8:15 m TSF Grow StrongerFIT w/Laney</p> <p>9:00 am SA Zumba w/Laney</p>	<p>8:00 am SA TSF PumpFIT w/Wendy(1/13) w/Kris(1/20) w/Staci(1/27)</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 (1/8,15,22,29) \$3 surcharge</p>				<p>9:45 am Yoga Asana w/Melinda (1/12,19) \$3 surcharge</p>	<p>9:00 am SA Zumba w/Marianne(1/13) w/Haley(1/20) w/Marianne(1/27)</p>	<p>3:00 pm SA Cardio BoUnCe w/Lisa</p>
					<p>9:00 am SB Buti Yoga w/Kim (1/13,20) STRONG by Zumba w/Staci(1/27)</p>	<p>4:00 pm SA R&amp;B Line Dancing w/Cynthia</p>
<p>5:30 pm SA Zumba w/Stephanie</p> <p>5:30 pm SB TSF PumpFIT w/Kris</p>	<p>5:30 pm SA Zumba w/Doug &amp; Joan</p> <p>5:30 pm SB TSF Beginner Slow Flow Yoga w/Whitney \$3 surcharge</p>	<p>5:30 pm SA LaBlast w/Matt</p> <p>5:30 pm SB TSF PumpFIT w/Kris</p>	<p>5:30 pm SA LaBlast Line Dance w/Matt</p> <p>5:30 pm SB Buti Yoga w/Kim</p>		<p>10:00 am SA Zumba w/Stephanie(1/13) w/ Nina M.(1/20) w/Haley(1/27)</p>	<p>5:00 pm SA Zumba w/Jessica</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 Indoor Group CycleFIT w/Wendy</p>	<p>6:30 pm SA Cardio BoUnCe w/Lisa</p> <p>6:30 pm SB TSF KettlebellFIT w/Dr.Dave</p>		<p>10:00 am SB TSF KettlebellFIT w/Dr.Dave</p> <p>6:00 pm TSF 11 YEAR ANNIVERSARY PARTY/COCKTAIL &amp; CUMBA WITH A TWIST \$50</p>	<p>5:30 pm SB TSF Power Flow Yoga w/Kim \$3 surcharge</p>
<p>7:30 pm SB TSF GladiatorFIT w/Melinda</p>	<p>7:30 pm SB TSF Slow Flow Candlelight Restorative Yoga &amp; Aromatherapy w/Whitney \$3 surcharge</p>		<p>7:30 pm SB TSF Mindful StretchFIT in 30 w/Lindsay</p>			<p>6:30 pm SB TSF Slow Flow Candlelight Restorative Yoga &amp; Aromatherapy w/Whitney \$3 surcharge</p>