

MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:30 am TSF Circuit+ PumpFIT w/Staci (5/8,15,22)</p>	<p>8:30 am TSF CycleFIT w/Kelsey(5/16,23,30) Stength-Joyce's Way w/Joyce(5/9)</p>	<p>8:00 am TSF Bella Body BarreFIT w/Lisa 8:45 am Cardio BoUnCe w/Lisa</p>	<p>8:30 am TSF PumpFIT w/Kelsey</p>	<p>8:30 am STRONG by Zumba w/Staci (5/12,19,26)</p>	<p>8:00 am TSF PumpFIT w/Stephanie(5/6) w/Kris(5/13) w/Kelsey(5/20,27)</p>	<p style="color: red;"><i>Just Dance w/Chris</i> <i>Learn LaBlast basic patterns for popular ballroom dances that will have you dancing like a star in no time!</i></p>
<p>9:15 am Zumba+U-JAM w/Lindsey Lee (5/8,15,22)</p>	<p>9:15 am Zumba w/Kelsey (5/16,23,30) Zumba+LaBlast w/Joan & Matt(5/9)</p>	<p>9:30 am TSF Strength+Pilates +StretchFIT w/Robin</p>	<p>9:15 am Zumba w/Kelsey</p>	<p>9:15am Zumba w/Staci w/(12,19,26)</p>	<p>9:00 am Zumba w/Stephanie(5/6) w/Lindsey Lee(5/13) w/Haley(5/20) w/Kelsey(5/27)</p>	<p style="color: red;"><i>Tango w/Chris</i> <i>Learn to dance with confidence using patterns taught in LaBlast class. New patterns every week!</i></p>
			<p>4:30 pm Just Dance w/Chris</p>		<p>9:00 am LaBlast w/Chris(5/6) R&B Line Dancing w/ Cynthia(5/13) TSF MobilityFITw/ Kelsey(5/20) PiYoFIT w/Lindsey Lee (5/27)</p>	
<p>5:30 pm Zumba w/Jorge(5/8,15,22) TSF PumpFIT w/Julie(5/8) w/Marianne(5/15) w/Doug(5/22)</p>	<p>5:30 pm Zumba w/Haley TSF PumpFIT w/TBA(5/9,16) w/Doug(5/23) w/Robin(5/30)</p>	<p>5:30 pm Zumba w/Staci(5/31) w/Jorge(5/10)Haley (5/17,24) TSF PumpFIT w/Kris</p>	<p>5:30 pm LaBlast Line Dance w/Chris TSF CoreFIT w/Staci</p>	<p style="color: red;"><i>CoreFIT w/Staci</i> <i>CoreFIT will work every small and large muscle from your shoulders to your hips. A strong core is essential to a healthy body. Whether your goal is a 6- pack or a stronger plank, CoreFIT is a great addition to your workout regimen.</i></p>	<p>10:00 am Zumba w/Annie(5/6) Zumba+U-JAM w/ Lindsey Lee(5/13,27), Cardio BoUnCe w/Lisa (5/20)</p>	<p>4:00 pm R&B Line Dancing w/Cynthia</p>
<p>6:30 pm TSF Ultimate Workout w/Geon & Marianne TSF Bella Body BarreFIT w/Lisa</p>	<p>6:30 pm TSF KettlebellFIT w/Dr. Dave w/Doug(5/23) LaBlast Shape w/Chris</p>	<p>6:30 pm TSF Ultimate Workout w/Geon & Marianne TSF Bella Body BarreFIT w/Lisa</p>	<p>6:30 pm TSF KettlebellFIT w/Lindsey Lee(5/18) w/Doug(5/11) w/Dr. Dave(5/25) Zumba w/Stephanie(5/18) w/Annie(5/11,25)</p>		<p>10:00 am TSF KettlebellFIT w/Doug(5/6,27) w/Dr.Dave(5/13,20)</p>	<p>5:00 pm Zumba w/Annie(5/7,28) Cardio BoUnCe w/Lisa(5/14) w/TBA(5/21)</p>
<p>7:30 pm R&B Line Dancing w/Cynthia Cardio BoUnCe w/Lisa</p>	<p>7:30 pm Cardio BoUnCe w/Lisa Tango w/Chris</p>	<p>7:30 pm Cardio BoUnCe w/Lisa</p>	<p>7:30 pm U-Jam w/Lindsey Lee (5/18) w/Amy (5/11,25)</p>		<p>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.</p>	<p style="color: red;">MEMORIAL DAY STAY TUNED!!!!!!</p>