The Studio Fitness™ | CLASS SCHEDULE | 698 W. National Rd. Vandalia, Oh 45377 | www.TheStudioFit.com | 937-387-0660

November 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am TSF Circuit+ PumpFIT w/Staci 9:15 am Zumba w/Staci	8:15 am TSF Circuit+PumpFIT w/Mario(11/21,28) 9:15 am Zumba w/Mario(11/21,28)	8:30 am Zumba w/Staci 9:15 am TSF Strength+Pilates +StretchFIT w/Robin	8:15 am TSF BARRE+StrengthFIT w/Mario(11/30) 9:15 am Zumba w/Mario(11/30)	8:30 am STRONG by Zumba w/Staci 9:15am Zumba w/Staci	8:00 am SA TSF PumpFIT w/Staci(11/25)	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.
				8:30 am Zumba+Zumba Toning+STRONG by Zumba Mash-Up 9:30 am Stretch the Holiday Stress Away SPECIAL BLACK FRIDAY CLASSES w//Staci (11/24)	9:00 am SA Zumba w/LynnB!(11/25)	
		NO EVENING CLASSES ON EVE BEFORE THANKSGIVING WEDNESDAY, NOVEMBER 22!!! >>>>>>>>>>>>>>>>>>> SEE YOU THANKSGIVING MORNING!	TURKEY TANGO THANKSGIVING DAY CLASSES 8:00 am TSF Circuit+PumpFIT 9:00 am Zumba & MORE! *$5 each + non-perishable(s) for food pantry We will close for evening classes!		10:00 am SA VeraFlow w/LynnB1 (11/25) 10:00 am SB TSF KettlebellFIT w/Dr.Dave(11/25)	
5:30 pm SA U-JAM w/Amy (11/20) Buti Yoga w/Kim(11/27) 5:30 pm SB TSF PumpFIT w/Kris	5:30 pm SA Zumba w/Haley 5:30 pm SB TSF Ballet BARRE+StrengthFIT w/Julie (11/21)	5:30 pm SA LaBlast w/Matt 11/29) 5:30 pm SB TSF PumpFIT w/Kris	5:30 pm SA LaBlast Line Dance w/Matt			4:00 pm SA R&B Line Dancing w/Cynthia
6:30 pm SA TSF Ultimate WorkoutFIT w/Geon & Marianne	6:30 pm SA Zumba w/Stephanie(11/28) U-JAM w/Amy(11/21) 6:30 pm SB TSF KettlebellFIT w/Doug	6:30 pm SA TSF Ultimate WorkoutFIT w/Geon & Marianne 6:30 pm SB Buti Yoga w/Kim(11/29)	6:30 pm SA Cardio BoUnCe w/Lisa 6:30 pm SB TSF KettlebellFIT w/Dr.Dave	SA (Studio A) SB (Studio B)		5:00 pm SA Zumba w/Jessica
	7:30 pm SB TSF Mindful StretchFIT in 30 w/Lindsay		7:30 pm SB TSF Mindful StretchFIT in 30 w/Lindsay			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.