

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:30 am TSF Circuit+ PumpFIT w/Staci</p> <p>9:15 am Zumba w/Staci</p>	<p>8:15 am TSF Circuit+PumpFIT w/Dr.Dave(10/17,31) w/Joan(10/24)</p> <p>9:15 am Zumba w/Dr. Nina W.</p>	<p>8:30 am Zumba w/Staci</p> <p>9:15 am TSF Strength+Pilates +StretchFIT w/Robin</p>	<p>8:15 am TSF BARRE+StrengthFIT w/Nina</p> <p>9:15 am Zumba w/Joan</p>	<p>8:30 am STRONG by Zumba w/Staci</p> <p>9:15am Zumba w/Staci</p>	<p>8:00 am SA TSF PumpFIT w/Kris(10/14,28) w/Stephanie(10/21)</p>	
					<p>9:00 am SA Zumba w/Doug & Joan</p> <p>9:00 am SB BEGINNER LEVEL 101 TSF Ultimate Workout w/Marianne (Cardio Dance+Strength)</p>	
					<p>10:00 am SA Zumba w/Jorge(10/14) U-JAM w/Amy(10/21) Zumba w/Annie(10/28)</p> <p>10:00 am SB BEGINNER LEVEL 101 LaBlast Silk w/Chris(10/14,21,28)</p>	
<p>5:30 pm SA Zumba w/Haley</p> <p>5:30 pm SB TSF PumpFIT w/Kris</p>	<p>5:30 pm SA Zumba w/Haley</p>	<p>5:30 pm SA Zumba+U-JAM w/Amy/ Joan (10/11,25) LaBlast w/Chris (10/18)</p> <p>5:30 pm SB TSF PumpFIT w/Kris</p>	<p>5:30 pm SA LaBlast Line Dance w/Chris</p> <p>5:45 pm SB TSF Bella Body BARRE w/Lisa</p>		<p>11:00 am SB TSF KettlebellFIT w/Doug</p>	<p>4:00 pm SA R&B Line Dancing w/Cynthia</p>
<p>6:30 pm SA TSF Ultimate WorkoutFIT w/Geon & Marianne</p> <p>6:30 SB TSF Butts,Guts & STRETCHFIT w/Steph (10/16) TSF BARRE & MoreFIT! w/Nina(10/30) NEW CLASSES!!!</p>	<p>6:30 pm SA Zumba w/Stephanie(10/17) Zumba+U-JAM w/Amy&Joan (10/24,31)</p> <p>6:30 pm SB TSF KettlebellFIT w/Dr.Dave</p>	<p>6:30 pm SA TSF Ultimate WorkoutFIT w/Geon & Marianne</p> <p>6:30 pm SB LaBlast w/Chris (10/11,25)</p>	<p>6:30 pm SA Cardio BoUnCe w/Lisa</p> <p>6:30 pm SB TSF KettlebellFIT w/Doug</p>	<p>SA (Studio A) SB (Studio B)</p>	<p>11:00 am Saturday, October 28</p> <p>Frightfully FIT for kids! kids of all ages. \$7 per child. Zumba, hip hop, games, prizes, & a healthy Halloween treat! Costumes welcome!</p> <p>Ages 1-4 must be accompanied by an adult.</p>	<p>5:00 pm SA Zumba w/Jessica</p>
<p>7:30 pm SA R&B Line Dancing w/Cynthia/Cindy</p> <p>7:30 pm SB LaBlast w/Chris</p>	<p>7:30 pm SB TSF Mindful StretchFIT in 30 w/Lindsay NEW CLASS!!! Starts 10/17</p>		<p>7:30 pm SB TSF Mindful StretchFIT w/Lindsay NEW CLASS!!! Starts 10/19</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>