

# DECEMBER 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(12/12,26) w/Joan(12/5,19)</p> <p>9:15 am Zumba w/Dr. Nina(12/5,19) w/Jenah(12/12) w/Davialys(12/26)</p>	<p>8:30 am Zumba w/Staci w/Davialys(12/27)</p> <p>9:15 am TSF Strength+Pilates +StretchFIT w/Robin</p>	<p>8:30am TSF Circuit+PumpFIT w/Joan(12/7,14) w/Stephanie(12/21,28)</p> <p>9:15 am Zumba w/Davialys (12/7,14) w/Stephanie(12/21,28)</p>	<p>8:15 am STRONG by Zumba w/Staci Strength w/Joan(12/29)</p> <p>9:00 am Zumba w/Staci w/Davialys(12/29)</p>	<p>8:00 am SA TSF PumpFIT w/Dr.Dave(12/2) w/Kris(12/9,23,30) w/Staci(12/16)</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 w/Kim(12/1,15,29) w/Katrina(12/8,22) \$3 surcharge NEW CLASS!</p>	<p>9:00 am SA Zumba w/Stephanie(12/2) w/Davialys(12/9) w/Staci(12/16) w/Marianne(12/23,30)</p>	
				<p>6:00 pm Zumba w/Davialys (12/1,8,22,29)</p> <p>NEW CLASS!!!!</p>	<p>9:00 am SB LaBlast w/Matt(12/2,9)  POUND w/Annie(12/16)  STRONG by Zumba w/ Staci (12/23)  Buti Yoga w/Kim(12/30)</p>	<p><b>CLOSED CHRISTMAS EVE AND CHRISTMAS DAY</b></p> <p><b>CLOSED NEW YEAR'S EVE</b></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/Haley</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 Buti Yoga w/Kim</p>	<p>6:30 pm Friday, December 15 "Holiday Let-it-go" with Drinks, Yoga and VeraFlow! w/Kim &amp; LynnB! \$12</p>	<p>10:00 am SA Zumba w/Annie(12/2) w/Jessica(12/9) w/LynnB!(12/16,30) w/Jessica(12/23)</p>	<p>4:00 pm SA R&amp;B Line Dancing w/Cynthia</p>
<p>6:30 pm SA TSF Ultimate WorkoutFIT w/Geon &amp; Marianne</p> <p>6:30 pm 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 POUND ROCKOUT.WORKOUT w/Annie</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>5:00 pm SA Zumba w/Jessica w/Marianne</p>
<p>7:30 pm Zumba w/Davialys</p>	<p>7:30 pm SB TSF Mindful StretchFIT in 30 w/Lindsay</p>		<p>7:30 pm SB TSF Mindful StretchFIT in 30 w/Lindsay</p>		<p>11:00 am VeraFlow w/LynnB! (12/16,30)</p>	<p>6:00 pm SA Cardio BoUnCe w/Lisa</p>