

Bombshell Dance Fitness, November 2018

5156-B Calhoun Memorial Highway, Easley SC 29640 www.thefitfactorypickens.com

Effective November 15th, all sales, memberships, and class-packs will be through the MINDBODY Software.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Follow social media for Tuesday 6pm pop-up classes!		1 7pm Bombshell Dance Fitness- Sherrie	2	3 9am Zumba Step- Sherrie
4	5 6pm Zumba- Sherrie	6 9:30am PIYO Sculpt- Fallon 7pm House Party Fitness- Sierra	7 6pm POUND- Fallon	8 7pm Bombshell Dance Fitness- Leslie	9	10 9am Total Body Blast- Katrina
11	12 6pm Zumba Toning- Sherrie	13 9:30am PIYO Sculpt- Fallon 7pm House Party Fitness- Fallon	14 6pm HIIT Hop- Brooke	15 7pm Bombshell Dance Fitness- Brooke	16	17 9am POUND- Fallon
18	19 6pm Zumba- Sherrie	20 *No am PIYO* 7pm House Party Fitness- Brooke	21 9:30am HIIT Hop- Brooke 10:30am Yoga Flow- Ellie	22 Closed. Happy Thanksgiving!	23	24 9am HIIT Hop- Sherrie
25	26 6pm Zumba Toning- Sherrie	27 9:30am PIYO Sculpt- Fallon 7pm House Party Fitness- Fallon	28 6pm A Barre' Above- Nina	29 7pm Bombshell Dance Fitness- Sherrie	30	
First class Free	Monthly unlimited- \$40 (drafted). Includes Pickens and Easley locations.	Class packs- 10 classes- \$45 20 classes- \$72	Drop in- \$7 per class	<u>Please note our hot yoga class prices vary from fitness classes.</u>		