

# The FIT Factory, Pickens- November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5pm Vinyasa Flow-Kit 6pm HIIT Hop- Fallon	2	3
4	5 7pm House Party Fitness- Fallon	6 6pm Total Body Blast- Katrina 7pm Restorative Yoga- Kit	7 7pm A Barre' Above- Nina	8 5pm Vinyasa Flow-Kit 6pm Zumba Step- Sherrie	9	10 10am AcroYoga-Kit
11	12 7pm House Party Fitness- Leslie	13 6pm Bootcamp- Elyse 7pm Restorative Yoga- Kit	14 7pm House Party Fitness- Fallon	15 6:30pm Live Acoustic Yoga (candlelight)- Ellie	16	17
18	19 7pm House Party Fitness- Fallon	20 6pm Zumba Step- Sherrie 7pm Restorative Yoga- Kit	21 Morning class in Easley. No evening class.	22 Happy Thanksgiving! Closed.	23	24 10am AcroYoga-Kit
25	26 7pm House Party Fitness- Fallon	27 6pm Bootcamp- Elyse 7pm Restorative Yoga- Kit	28 7pm House Party Fitness- Leslie	29 5pm Vinyasa Flow-Kit 6pm HIIT Hop- Fallon	30	
First class is Free.	Monthly Unlimited- \$40 (drafted) includes both Pickens and Easley locations	Class Packs- 10 classes- \$45 20 classes- \$72	\$7 to drop in			

**126 West Main St, Pickens SC 29671 [www.thefitfactorypickens.com](http://www.thefitfactorypickens.com)**