

Bombshell Dance Fitness, Easley- January 2019

5156-C Calhoun Memorial Hwy, Easley SC 29640 thefitfactorypickens@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6pm New Years Dance Fitness Party- Fallon	2 6pm House Party Fitness- Brooke	3 7pm Bombshell Dance Fitness- Fallon/Crystal	4	5 9:30am POUND- Fallon
6 5pm HOT Flow- Fallon	7 6pm House Party Fitness- Sherrie	8 9:30am PIYO- Stefanie 4:45pm Vinyasa Flow- Tyler 6pm HOT Flow- Tyler	9 6pm RIPPED- Nina	10 7pm Bombshell Dance Fitness- Katrina	11	12 9:30am Zumba Step- Sherrie
13 5pm HOT Flow- Tyler	14 6pm Zumba- Sherrie	15 9:30am PIYO- Stefanie 4:45pm Vinyasa Flow- Tyler 6pm HOT Flow- Tyler	16 6pm House Party Fitness- Fallon	17 7pm Bombshell Dance Fitness- Leslie/Sierra	18 9:30am Yoga Sculpt- Brooke	19 9:30am RIPPED- Sherrie
20 5pm HOT Flow- Tyler	21 6pm House Party Fitness- Sherrie	22 9:30am PIYO- Fallon 4:45pm Vinyasa Flow- Tyler 6pm HOT Flow- Tyler	23 6pm Zumba Toning- Sherrie	24 BLACKLIGHT!! 6pm POUND- Fallon/Sierra 7pm Bombshell Dance Fitness- Multiple Instr.	25 9:30am Yoga Sculpt- Brooke 6:15p VIXEN 101 (new dance fit format) w/ Fallon	26 9:30am HIIT- Leslie
27 5pm HOT Flow- Tyler	28 6pm Zumba- Sherrie	29 9:30an PIYO- Stefanie 4:45pm Vinyasa Flow- Tyler 6pm HOT Flow- Tyler	30 6pm House Party Fitness- Brooke	31 6pm HIIT- Sherrie 7pm VIXEN (Dance Fitness)- Fallon		