

# Bombshell Dance Fitness, Easley- March 2019

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 9:30am Zumba Toning- Sherrie
3 NO Yoga-	4 6:15pm House Party Fitness- Sherrie	5 9:30am PiYo- Stefanie 5:15pm Yoga Flow- Tyler	6 5:15am HIIT- Sherrie 6:15pm Kettle Bell AMPD- Nina	7 6pm Butts & Guts- Sierra 7pm VIXEN- Fallon	8	9 9:30am HIIT Hop- Fallon
10 5pm HOT Flow- Brooke	11 6:15pm Zumba- Sherrie	12 9:30am PiYo- Stefanie 5:15p Yoga Flow- Tyler 6:30p Zumba Step- Sherrie	13 5:15am HIIT- Sherrie 6:15pm POUND- Fallon/Sierra	14 7pm House Party Fitness- Brooke	15 6:15pm Pop up class	16 9:30am Zumba Toning- Sherrie
17 5pm HOT Flow- Tyler	18 6:15pm House Party Fitness- Sherrie	19 9:30am PiYo- Stefanie 5:15pm Yoga Flow- Tyler	20 5:15am HIIT- Sherrie 6:15pm House Party Fitness- Brooke	21 6pm Butt & Guts- Sherrie 7pm VIXEN- Fallon	22	23 9:30am Zumba- Nildi
24 5pm HOT Flow- Tyler	25 6:15pm Zumba- Sherrie	26 9:30am PiYo- Stefanie 5:15p Yoga Flow- Tyler 6:30p Step & Sculpt- Jennifer	27 5:15am HIIT- Sherrie 6:15pm VIXEN 101- Jennifer/Jenna 7pm VIXEN- Fallon	28 7pm House Party Fitness- Leslie/Crystal	29 6:15pm Pop up Class	30 9:30am Body Sculpt- Jennifer
31 5pm Yoga Flow-	Drop ins welcome- \$10 per class. OR get 10 classes for \$65	Newbie intro pack! Get 4 classes for only \$16 (2 week expiration)	Our monthly membership is the best deal! Come by today or email us to join us as a Monthly VIP member and save!	We also offer personal training. Email us for your free goal assessment with a certified trainer.	Book you spray tan today! 884-2332 for your organic and professional spray tan. #safetanning	