

The FIT Factory – Pickens

126 West Main Street, Pickens SC 29671

thefitfactorypickens@gmail.com | www.thefitfactorypickens.com

May 2019 Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:30pm Cardio Kickboxing – Sierra	2 5:15am RISE Bootcamp – Katrina 6:15pm – Dance Fitness: “Bad Boyz” Night – Nildi & Fallon	3	4
5	6 7pm House Party Fitness – Fallon & Leslie	7 5:15am RISE Bootcamp – Katrina 6pm Body Sculpt – Fallon 7pm Yoga Flow – Sandy	8 6:30pm Kettle Bell AMPD – Nina	9 5:15am RISE Bootcamp – Jenny 6:15pm House Party Fitness – Katrina	10	11
12	13 7pm VIXEN – Fallon & Jennifer	14 5:15 RISE Bootcamp – Jenny 6pm Step & Sculpt – Jennifer 7pm Yoga – Stephanie	15 6:30pm Dance Fitness: “Oh my Hoodness” Night – Sierra, Katrina, & Fallon	16 5:15am RISE Bootcamp – Fallon 6:15pm HPF + Toning – Fallon	17	18
19	20 7pm Dance Fitness: “Girl Power Hour” – Fallon & Leslie	21 5:15am RISE Bootcamp – Fallon 6pm POUND – Fallon 7pm Yoga Flow – Cheri	22 6:30pm HPF + Toning – Katrina	23 5:15am RISE Bootcamp – Jenny No 6:15pm Class – Join us in Easley for TBT!	24	25
26	27 Closed for Memorial Day	28 6pm Step & Sculpt – Jennifer 7pm Yoga Flow - Cheri	29 6:30pm HPF Favorites: Fallon’s Birthday Bash! – Fallon & Friends	30 6:15pm Dance Fitness + Toning - Sierra	31	

Drop-ins are welcome! \$10 per class or join as a member and save! Ask us how you can earn FREE Classes through our referral program!

Follow us on Facebook @theFITfactorypickens and on Instagram @thefitfactory_bombshellfitness!