

The FIT Factory, LLC & Bombshell Dance Fitness

126 West Main Street, Pickens SC 29671

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June 2019 Class Schedule

Note: Classes in **green** are located at **The FIT Factory (Pickens)** and those marked **blue** are located at **Bombshell Dance Fitness (Easley)**.

Monday	Tuesday	Wednesday	Thursday	Saturday
				1 9:30am Zumba Step
3 6:15pm Zumba Toning 7pm House Party Fitness	4 5:15am RISE Bootcamp 9:30am PiYo (RSVP) 6pm Step & Sculpt 7pm Yoga Flow	5 6:15pm Hip Hop Cardio + Toning	6 5:15am RISE Bootcamp 9:30am Hip Hop Cardio + Toning (RSVP) 6:15pm House Party Fitness 6:15pm the VIXEN Workout	8 9:30am H.I.I.T. 9:30am Yoga Flow
10 6:15pm House Party Fitness 7pm House Party Fitness	11 5:15am RISE Bootcamp 9:30am PiYo (RSVP) 5:30pm H.I.I.T. 6pm Step & Sculpt 7pm Yoga Flow	12 6:15pm Kettlebell AMPD	13 5:15am RISE Bootcamp 9:30am Hip Hop Cardio + Toning (RSVP) 6:15pm Dance Fitness 6:15pm HPF: "Werk it, Twerk it" Night	15 9:30am Retro Cardio + Toning 9:30am Hip Hop Cardio + Toning
17 6:15pm Zumba Toning 7pm House Party Fitness	18 5:15am RISE Bootcamp 9:30am PiYo (RSVP) 6pm Step & Sculpt 6:15pm Buti Yoga 7pm Yoga Flow	19 6:15pm the VIXEN Workout	20 5:15am RISE Bootcamp 9:30am Hip Hop Cardio + Toning (RSVP) 6:30pm Dance Fitness: Throwback Thurs	22 9:30am Yoga Flow 9:30am Functional Fitness Conditioning
24 6:15pm House Party Fitness 7pm House Party Fitness	25 5:15am RISE Bootcamp 9:30am PiYo (RSVP) 5:30pm H.I.I.T. 6pm Zumba Step 7pm Yoga Flow	26 6:15pm Zumba Step	27 5:15am RISE Bootcamp 9:30am Hip Hop Cardio + Toning (RSVP) 6:15pm House Party Fitness 6:15pm House Party Fitness	29 9:30am Cardio + Toning

Download our free MindBody app today! Here you can view the schedule, book your classes & more. Be sure to mark "The FIT Factory" as a favorite.

New to our studios? Your first class is free! Please arrive 10 minutes prior to class time to complete required paperwork.

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 for pop up class announcements & more.