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CHECK-IN: #guidingeyes

May 2018 (GREENVILLE)

(classes) S1- Women; S2-Coed

Find this online @ saramorelandfitness.com

662-207-BFIT; Studiosgreenville@yahoo.com

Facebook: Studio S Instagram: Stu.dio.s

Mon	Tue	Wed	Thurs	Fri	Sat
	1 5:15a CRAZE ① 8:15a CAP ① 5:30p Mashup ② 6:15p Boxing ①	2 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Step X ① GRIT ② 6:15p CAP ①	3 5:15a Figure 4 ① 8:15a CRAZE ① 5:30p Buns & Guns ① Leg Crusher ② 6:15p CRAZE ①	4 5:15a Regular BC ② 8:15a Regular BC ②	5 10:00a ②
7 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Pound ① Flex ② 6:15p CRAZE ①	8 5:15a Arm Assault ① 8:15a Piloxing ① 5:30p Studio ² ② 6:15p Boxing ①	9 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Figure 4 ① Kicked ② 6:15p CAP ①	10 5:15a Flex ② 8:15a Figure 4 ① 5:30p Strength Training ① Cardio Blast ② 6:15p CRAZE ①	11 5:15a Regular BC ① 8:15a Regular BC ①	12 10:00a ②
14 5:15a Regular BC ② 8:15a Regular BC ② 5:30p TACS ① GRIT ② 6:15p CRAZE ①	15 5:15a Strength Training ② 8:15a Buns & Guns ① 5:30p Piloxing ② 6:15p Boxing ①	16 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Mashup ① Leg Crusher ② 6:15p CAP ①	17 5:15a Kicked ① 8:15a CRAZE ① 5:30p Arm Assault ① Smash ② 6:15p CRAZE ①	18 5:15a Regular BC ② 8:15a Regular BC ②	19 10:00a ②
21 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Triple Fit ① Kicked ② 6:15p CRAZE ①	22 5:15a CRAZE ① 8:15a Kicked ① 5:30p Figure 4 ② 6:15p Boxing ①	23 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Step X ① Flex ② 6:15p CAP ①	24 5:15a Buns & Guns ② 8:15a Studio ² ① 5:30p Hercules ① Cardio Blast ② 6:15p CRAZE ①	25 5:15a Regular BC ① 8:15a Regular BC ①	26 NO CLASS
28 NO CLASS Memorial DAY	29 5:15a Mashup ① 8:15a Flex ① 5:30p Strength Training ② 6:15p Boxing ①	30 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Arm Assault ① Studio ² ② 6:15p CAP ①	31 5:15a Studio ² ② 8:15a CRAZE ① 5:30p Buns & Guns ① Smash ② 6:15p CRAZE ①		

-\$40 Draft includes evening classes Monday-Thursday (includes craze/boxing)-

-\$50 Draft includes all classes (Monday-Saturday)-

-Drop in \$5 per class-