

a program that WORKS



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# July 2018

## Greenville, MS Studios (s1 & s2)

FB CHECK-IN: #givewater

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INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
<b>2</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Piloxing ② 6:15p CRAZE ①	<b>3</b> 5:15a GRIT ① 8:15a Buns & Guns ① 5:30p Figure 4 ② 6:15p Boxing ①	<b>4</b> CLOSED HAPPY 4 <sup>TH</sup>	<b>5</b> 5:15a Figure 4 ② 8:15a CRAZE ① 5:30p Hercules ② 6:15p CRAZE ①	<b>6</b> 5:15a Regular BC ② 8:15a Regular BC ②	<b>7</b> 10:00a ②
<b>9</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Mashup ② 6:15p CRAZE ①	<b>10</b> 5:15a CRAZE ① 8:15a CAP ① 5:30p Arm Assault ① Flex ② 6:15p Boxing ①	<b>11</b> 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Step X ① Strength Training ② 6:15p CAP ①	<b>12</b> 5:15a Flex ① 8:15a GRIT ① 5:30p Buns & Guns ① Cardio Blast ② 6:15p CRAZE ①	<b>13</b> 5:15a Regular BC ① 8:15a Regular BC ①	<b>14</b> 10:00a ②
<b>16</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p GRIT ② 6:15p CRAZE ①	<b>17</b> 5:15a Studio <sup>2</sup> ① 8:15a Piloxing ① 5:30p Pound ① Kicked ② 6:15p Boxing ①	<b>18</b> 5:15a Regular BC ① 8:15a Regular BC ① 5:30p TACS ① Studio <sup>2</sup> ② 6:15p CAP ①	<b>19</b> 5:15a Buns & Guns ② 8:15a CRAZE ① 5:30p Triple Fit ① Leg Crusher ② 6:15p CRAZE ①	<b>20</b> 5:15a Regular BC ② 8:15a Regular BC ②	<b>21</b> 10:00a ②
<b>23</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Figure 4 ② 6:15p CRAZE ①	<b>24</b> 5:15a CRAZE ① 8:15a WOD ① 5:30p Step X ① Buns & Guns ② 6:15p Boxing ①	<b>25</b> 5:15a Regular BC ① 8:15a WOD ① 5:30p Flex ① Cardio Blast ② 6:15p CAP ①	<b>26</b> 5:15a Strength Training ① 8:15a WOD ① 5:30p Hercules ① Smash ② 6:15p CRAZE ①	<b>27</b> 5:15a Regular BC ① 8:15a WOD ①	<b>28</b> NO CLASS
<b>30</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Studio <sup>2</sup> ② 6:15p CRAZE ①	<b>31</b> 5:15a Kicked ① 8:15a Flex ① 5:30p Strength Training ① Mashup ② 6:15p Boxing ①				

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