

a program that WORKS



WE OFFER: At Home Workouts emailed directly to you  
 Fitness app -Google Play or iTunes Store (studio s fitness)  
 Amazon Prime Live Bootcamp Series  
 Studio S Elite program-www.studioselite.com  
 Find more information online @ saramorelandfitness.com

# August 2018

## Greenville, MS Studios (s1 & s2)

FB CHECK-IN: #giveshoes

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
		<b>1</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Piloxing ② 6:15p CAP ①	<b>2</b> 5:15a Figure 4 ② 8:15a CRAZE ① 5:30p Buns & Guns ① Kicked ② 6:15p CRAZE ①	<b>3</b> 5:15a Regular BC ② 8:15a Regular BC ②	<b>4</b> 10:00a ②
<b>6</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Figure 4 ② 6:15p CRAZE ①	<b>7</b> 5:15a CRAZE ① 8:15a CAP ① 5:30p TACS ① Strength 2.0 ② 6:15p Boxing ①	<b>8</b> 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Studio <sup>2</sup> ② 6:15p CAP ①	<b>9</b> 5:15a Strength 2.0 ① 8:15a Figure 4 ① 5:30p Hercules ① Leg Crusher ② 6:15p CRAZE ①	<b>10</b> 5:15a Regular BC ① 8:15a Regular BC ①	<b>11</b> 10:00a ②
<b>13</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p GRIT ② 6:15p CRAZE ①	<b>14</b> 5:15a Flex ① 8:15a Piloxing ① 5:30p Pound ① Kicked ② 6:15p Boxing ①	<b>15</b> 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Strength Training ② 6:15p CAP ①	<b>16</b> 5:15a Buns & Guns ② 8:15a CRAZE ① 5:30p Triple Fit ① Smash 6:15p CRAZE ①	<b>17</b> 5:15a Regular BC ② 8:15a Regular BC ②	<b>18</b> 10:00a ②
<b>20</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Mashup ② 6:15p CRAZE ①	<b>21</b> 5:15a CRAZE ① 8:15a Buns & Guns ① 5:30p Studio <sup>2</sup> ① Strength 2.0 ② 6:15p Boxing ①	<b>22</b> 5:15a Regular BC ① 8:15a Regular BC ① 5:30p Figure 4 ② 6:15p CAP ①	<b>23</b> 5:15a Hercules ① 8:15a GRIT ① 5:30p Flex ① Cardio Blast ② 6:15p CRAZE ①	<b>24</b> 5:15a Regular BC ① 8:15a Regular BC ①	<b>25</b> 10:00a ②
<b>27</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Strength Training ② 6:15p CRAZE ①	<b>28</b> 5:15a Strength Training ① 8:15a Strength 2.0 ① 5:30p Step X ① Buns & Guns ② 6:15p Boxing ①	<b>29</b> 5:15a Regular BC ② 8:15a Regular BC ② 5:30p Hercules ② 6:15p CAP ①	<b>30</b> 5:15a Studio <sup>2</sup> ② 8:15a CRAZE ① 5:30p TACS ① GRIT ② 6:15p CRAZE ①	<b>31</b> 5:15a Regular BC ② 8:15a Regular BC ②	

Download the MINDBODY app and start booking classes today!  
 -\$40 Draft includes evening classes Monday-Thursday (includes craze/boxing)-  
 -\$50 Draft includes all classes (Monday-Saturday)-  
 -Drop in \$5 per class-