

a program that WORKS



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# September 2018

## Greenville, MS Studios (s1 & s2)

FB CHECK-IN: #togethercuringcancer

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
					1 10:00a (2)
3 <b>Labor Day</b> No classes	4 5:15a CRAZE <sup>①</sup> 8:15a CAP <sup>①</sup> 4:00p GRIT <sup>①</sup> 5:30p Arm Assault <sup>①</sup> The Flamingo <sup>②</sup> 6:15p Boxing <sup>①</sup>	5 5:15a Bootcamp <sup>①</sup> 8:15a Bootcamp <sup>①</sup> 5:30p Dirty 30 <sup>②</sup> 6:15p CAP <sup>①</sup>	6 5:15a Figure 4 <sup>①</sup> 8:15a Studio <sup>2①</sup> 4:00p Strength <sup>②</sup> 5:30p 500 <sup>①</sup> The Glutton <sup>②</sup> 6:15p CRAZE <sup>①</sup>	7 5:15a Bootcamp <sup>②</sup> 8:15a Bootcamp <sup>②</sup>	8 10:00a (2)
10 5:15a Bootcamp <sup>②</sup> 8:15a Bootcamp <sup>②</sup> 5:30p Birthday Special <sup>②</sup> 6:15p CRAZE <sup>①</sup>	11 5:15a Kicked <sup>①</sup> 8:15a GRIT <sup>①</sup> 4:00p CRAZE 5:30p 10-100 <sup>①</sup> Goal Crusher <sup>②</sup> 6:15p Boxing <sup>①</sup>	12 5:15a Bootcamp <sup>①</sup> 8:15a Bootcamp <sup>①</sup> 5:30p 3.5 <sup>②</sup> 6:15p CAP <sup>①</sup>	13 5:15a Strength 2.0 <sup>②</sup> 8:15a CRAZE <sup>①</sup> 4:00p Buns & Guns <sup>②</sup> 5:30p Lose the Turkey <sup>①</sup> Smash <sup>②</sup> 6:15p CRAZE <sup>①</sup>	14 5:15a Bootcamp <sup>②</sup> 8:15a Bootcamp <sup>②</sup>	15 10:00a (2)
17 5:15a Bootcamp <sup>②</sup> 8:15a Bootcamp <sup>②</sup> 5:30p The Nell <sup>②</sup> 6:15p CRAZE <sup>①</sup>	18 5:15a CRAZE <sup>①</sup> 8:15a Piloxing <sup>①</sup> 4:00p CAP <sup>①</sup> 5:30p Step X <sup>①</sup> The Plate <sup>②</sup> 6:15p Boxing <sup>①</sup>	19 5:15a Bootcamp <sup>①</sup> 8:15a Bootcamp <sup>①</sup> 5:30p The Fighter <sup>②</sup> 6:15p CAP <sup>①</sup>	20 5:15a Studio <sup>2①</sup> 8:15a Strength 2.0 <sup>①</sup> 4:00p Lose the Turkey <sup>②</sup> 5:30p Buns & Guns <sup>①</sup> Minute on Minute Full <sup>②</sup> 6:15p CRAZE <sup>①</sup>	21 5:15a Bootcamp <sup>②</sup> 8:15a Bootcamp <sup>②</sup>	22 10:00a (2)
24 5:15a Bootcamp <sup>②</sup> 8:15a Bootcamp <sup>②</sup> 5:30p Piloxing <sup>②</sup> 6:15p CRAZE <sup>①</sup>	25 5:15a Buns & Guns <sup>①</sup> 8:15a Figure 4 <sup>①</sup> 4:00p The Flamingo <sup>②</sup> 5:30p Studio <sup>2①</sup> KP Workout <sup>②</sup> 6:15p Boxing <sup>①</sup>	26 5:15a Bootcamp <sup>①</sup> 8:15a Bootcamp <sup>①</sup> 5:30p Strength 2.0 <sup>②</sup> 6:15p CAP <sup>①</sup>	27 5:15a Mashup <sup>②</sup> 8:15a CRAZE <sup>①</sup> 4:00p Figure 4 <sup>①</sup> 5:30p The Mal <sup>①</sup> Cardio Blast <sup>②</sup> 6:15p CRAZE <sup>①</sup>	28 5:15a Bootcamp <sup>②</sup> 8:15a Bootcamp <sup>②</sup>	29 10:00a (2)

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 -\$40 Draft includes evening classes Monday-Thursday (includes craze/boxing)-  
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 -Drop in \$5 per class-