

a program that WORKS



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October 2018 Greenville, MS

FB CHECK-IN: #breastcancerawareness

FACEBOOK: Studio S

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662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
1 5:15a Birthday Special ① 8:15a Goal Crusher② 5:30p The Nell② 6:15p CRAZE ①	2 5:15a Buns & Guns ① 8:15a Lose the Turkey ① 4:00p The Mal① 5:30p Up and Down Bootcamp Mountain① The Funfetti② 6:15p Boxing ①	3 5:15a The Ellie① 8:15a Strength 2.0① 5:30p Step X① The Mal② 6:15p CAP①	4 5:15a Minute on the Minute Full② 8:15a CRAZE① 4:00p Flex② 5:30p Lose the Turkey② 6:15p CRAZE ①	5 8:15a Buns & Guns②	6 10:00a ②
8 5:15a 500① 8:15a The Nell② 5:30p The Fighter② 6:15p CRAZE ①	9 5:15a CRAZE① 8:15a Up and Down Bootcamp Mountain① 4:00p The Nell① 5:30p 500① The Relay② 6:15p Boxing ①	10 5:15a Dirty 30① 8:15a The Funfetti② 5:30p Arm Assault① Kicked ② 6:15p CAP①	11 5:15a AM's Class① 8:15a Buns & Guns① 4:00p The Fighter② 5:30p The Flamingo② 6:15p CRAZE ①	12 8:15a CAP①	13 10:00a ②
15 5:15a 10-100 ① 8:15a The Ellie ① 5:30p Figure 4② 6:15p CRAZE ①	16 5:15a GRIT① 8:15a The Flamingo① 4:00p The Ellie① 5:30p Buns & Guns① Minute on the Minute Full② 6:15p Boxing ①	17 5:15a Strength 2.0① 8:15a Minute on the Minute Full② 5:30p 3.5① 6:15p CAP①	18 5:15a The Funfetti② 8:15a CRAZE① 4:00p Minute on the Minute② 5:30p Dirty 30② 6:15p CRAZE ①	19 8:15a Figure 4②	20 10:00a ②
22 5:15a Up and Down Bootcamp Mountain① 8:15a The Relay② 5:30p GRIT② 6:15p CRAZE ①	23 5:15a CRAZE① 8:15a 500① 4:00p Birthday Special① 5:30p TACS① The Glutton ② 6:15p Boxing ①	24 5:15a The Nell① 8:15a Birthday Special② 5:30p Flex① Minute on the Minute② 6:15p CAP ①	25 5:15a AM's Class① 8:15a Studio²① 4:00p Goal Crusher② 5:30p Strength 2.0② 6:15p CRAZE ①	26 8:15a Dirty 30②	27 10:00a ②
29 5:15a 3.5① 8:15a KP Workout② 5:30p Studio²② 6:15p CRAZE ①	30 5:15a The Flamingo① 8:15a 3.5① 4:00p The Plate② 5:30p Strength① Goal Crusher② 6:15p Boxing ①	31 5:15a The Fighter① 8:15a Kicked① Happy Halloween No Afternoon Classes			

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-