

a program that WORKS



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# November 2018 Cleveland, MS



## FB CHECK-IN: #givemeals

FACEBOOK: Studio S

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| Mon.                                                                       | Tue.                                                                      | Wed.                                                                                    | Thurs.                                                                                            | Fri.                                                                                               | Sat.      |
|----------------------------------------------------------------------------|---------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------|
|                                                                            |                                                                           |                                                                                         | <b>1</b><br>5:15a Figure 4<br>5:30p Minute on the Minute<br>6:15p Triple Fit                      | <b>2</b><br>5:15a Bootcamp                                                                         | <b>3</b>  |
| <b>5</b><br>5:15a Bootcamp<br>4:30p Goal Crusher<br>5:30p Birthday Special | <b>6</b><br>5:15a 10-100<br>5:30p Strength<br>6:15p 3.5                   | <b>7</b><br>5:15a Bootcamp<br>4:30p Up and Down<br>Bootcamp Mountain<br>5:30p The Ellie | <b>8</b><br>5:15a Buns & Guns<br>5:30p Stations<br>6:15p 500                                      | <b>9</b><br>5:15a Bootcamp                                                                         | <b>10</b> |
| <b>12</b><br>5:15a Bootcamp<br>4:30p Figure 4<br>5:30p The Flamingo        | <b>13</b><br>5:15a Studio <sup>2</sup><br>5:30p Arm Assault<br>6:15p TACS | <b>14</b><br>5:15a Bootcamp<br>4:30p Minute on the Minute Full<br>5:30p Piloxing        | <b>15</b><br>5:15a Pound<br>5:30p The Fighter<br>6:15p The Plate                                  | <b>16</b><br>5:15a Bootcamp                                                                        | <b>17</b> |
| <b>19</b><br>5:15a Bootcamp<br>4:30p The Relay<br>5:30p Buns & Guns        | <b>20</b><br>5:15a Mashup<br>5:30p Dirty 30<br>6:15p 10-100               | <b>21</b><br>5:15a Bootcamp<br>4:30p The Mal<br>5:30p Hercules                          | <b>22</b><br> | <b>23</b><br> | <b>24</b> |
| <b>26</b><br>5:15a Bootcamp<br>4:30p KP Workout<br>5:30p Lose the Turkey   | <b>27</b><br>5:15a 3.5<br>5:30p The Nell<br>6:15p Mashup                  | <b>28</b><br>5:15a Bootcamp<br>4:30p Studio <sup>2</sup><br>5:30p GRIT                  | <b>29</b><br>5:15a Pound Hybrid<br>5:30p Stations<br>6:15p Strength 2.0                           | <b>30</b><br>5:15a Bootcamp                                                                        |           |

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)-  
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