

a program that WORKS



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November 2018 Greenville, MS
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662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
			1 5:15a Minute on the Minute Full ② 8:15a CRAZE ① 4:00p Flex ② 5:30p Arm Assault ② ☉	2 8:15a Buns & Guns ②	3 10:00a ②
5 5:15a Birthday Special ① 8:15a Goal Crusher ② 5:30p Flex ② ☉ 6:15p CRAZE ①	6 5:15a Buns & Guns ① 8:15a Lose the Turkey ① 4:00p The Mal ① 5:30p 3.5 ① The Funfetti ②	7 5:15a Dirty 30 ① 8:15a Stations ② 5:30p Up and Down Bootcamp Mountain ② ☉ 6:15p Boxing ①	8 5:15a AM's Class ① 8:15a Strength 2.0 ① 4:00p The Fighter ② 5:30p 500 ② ☉	9 8:15a CAP ①	10 10:00a ②
12 5:15a 10-100 ① 8:15a The Ellie ① 5:30p Figure 4 ② ☉ 6:15p CRAZE ①	13 5:15a GRIT ① 8:15a The Flamingo ① 4:00p The Ellie ① 5:30p Studio² ① The Glutton ②	14 5:15a Strength 2.0 ① 8:15a Piloxing ① 5:30p Buns & Guns ② ☉ 6:15p Boxing ①	15 5:15a KP Workout ② 8:15a CRAZE ① 4:00p Minute on the Minute ② 5:30p Dirty 30 ② ☉	16 8:15a Figure 4 ②	17 10:00a ②
19 5:15a Up and Down Bootcamp Mountain ① 8:15a The Relay ② 5:30p The Mal ② ☉ 6:15p CRAZE ①	20 5:15a CRAZE ① 8:15a 500 ① 5:30p Piloxing ②	21 5:15a The Nell ① 8:15a Stations ② 5:30p Minute on the Minute ② ☉ 6:15p Boxing ①	22 	23 	24 10:00a ②
26 5:15a 3.5 ① 8:15a KP Workout ② 5:30p Birthday Special ② ☉ 6:15p CRAZE ①	27 5:15a The Flamingo ① 8:15a 3.5 ① 4:00p The Plate ② 5:30p Strength ① Goal Crusher ②	28 5:15a The Fighter ① 8:15a Piloxing ① 5:30p 10-100 ② ☉ 6:15p Boxing ①	29 5:15a AM's Class ① 8:15a Studio² ① 4:00p Goal Crusher ② 5:30p The Nell ② ☉	30 8:15a Dirty 30 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-