

a program that WORKS



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# November 2018 LIVE STREAM

## FB CHECK-IN: #givemeals

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
			1 5:30p Arm Assault	2	3
5 5:30p Flex	6 DO AT HOME: 100 JUMPING JACKS 80 OVERHEAD PRESS 60 CHINEES 40 PUSHUPS 20 STAR JUMPS	7 5:30p Up and Down Bootcamp Mountain	8 5:30p 500	9	10
12 5:30p Figure 4	13 DO AT HOME: 30S LAT HOLD 30S WALL SQUAT HOLD 30S 6 INCH HOLD 30S BURPEES REPEAT 10X	14 5:30p Buns & Guns	15 5:30p Dirty Thirty	16	17
19 5:30p The Mal	20 DO AT HOME: 100 HIGH KNEES 80 CHIN PULLS 60 DOUBLE SUMOS 40 LEG DROPS 20 PUSHUPS	21 5:30p Minute on the Minute	22 	23 	24
26 5:30p Birthday Special	27 DO AT HOME: 30S FLY HOLD 30S WIDE SQUAT HOLD 30S V HOLD 30S BURPEES REPEAT 10X	28 5:30p 10-100	29 5:30p The Nell	30	

LIVE STREAMING CLASSES ARE \$20 A MONTH  
 WWW.SQUAREUP.COM/STORE/STUDIO-S-GREENVILLE