

a program that WORKS



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 Find more information online @ saramorelandfitness.com

# December 2018 Cleveland, MS

## FB CHECK-IN: #givebooks

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
					1
3 5:15a Bootcamp 4:30p Leg Crusher 5:30p Flex	4 5:15a The Fighter 5:30p Strength 2.0 6:15p The Mal	5 5:15a Bootcamp 4:30p TACS 5:30p Buns & Guns	6 5:15a Pound 5:30p 3.5 6:15p Up Down Bootcamp Mountain	7 5:15a Bootcamp	8
10 5:15a Bootcamp 4:30p Goal Crusher 5:30p Minute on the Minute	11 5:15a 10-100 5:30p Birthday Special 6:15p TACS	12 5:15a Bootcamp 4:30p Arm Assault 5:30p Figure 4	13 5:15a Strength 2.0 5:30p Stations 6:15p The Plate	14 5:15a Bootcamp	15
17 5:15a Bootcamp 4:30p Hercules 5:30p GRIT	18 5:15a Pound Hybrid 5:30p The Fighter 6:15p 500	19 5:15a Bootcamp 4:30p The Funfetti 5:30p Piloxing	20 5:15a Leg Crusher 5:30p The Nell 6:15p 10-100	21 5:15a Bootcamp	22
24  CLOSED	25  Merry Christmas	26  CLOSED *Check for POPUP afternoon classes*	27 5:15a The Mal 5:30p The Flamingo 6:15p WOD	28 5:15a Bootcamp	29
31  CLOSED *Check for POPUP afternoon classes*					

Download the MINDBODY app and start booking classes today!

1 Class \$5 – Studio S unlimited Mon-Fri classes \$40

–Studio S Mon –Fri classes + ANYTIME Fitness membership \$50 (draft/6 or 12 month advanced payment only)

ALL Saturday classes \$5