

a program that WORKS



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December 2018 Greenville, MS
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662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
					1 10:00a ②
3 5:15a Strength ① 8:15a The Funfetti ② 5:30p Lose the Turkey ② ③ 6:15p CRAZE ①	4 5:15a Stations ① 8:15a The Flamingo ① 4:00p Figure 4 ① 5:30p Arm Assault ① The Relay ②	5 5:15a Dirty 30 ① 8:15a Stations ② 5:30p The Flamingo ② ③ 6:15p Boxing ①	6 5:15a Figure 4 ① 8:15a Strength 2.0 ① 4:00p Flex ② 5:30p Strength ② ③	7 8:15a CAP ①	8 10:00a ②
10 5:15a GRIT ① 8:15a The Ellie II ② 5:30p 3.5 ② ③ 6:15p CRAZE ①	11 5:15a Birthday Special ① 8:15a 10-100 ① 4:00p The Nell ① 5:30p Piloxing ②	12 5:15a Studio² ① 8:15a Piloxing ① 5:30p Mashup ② ③ 6:15p Boxing ①	13 5:15a Goal Crusher ② 8:15a CRAZE ① 4:00p Strength 2.0 ② 5:30p Studio² ② ③	14 8:15a The Nell ②	15 10:00a ②
17 5:15a Stations ① 8:15a Minute on the Minute Full ② 5:30p The Fighter ② ③ 6:15p CRAZE ①	18 5:15a CRAZE ① 8:15a 500 ① 4:00p Birthday Special ② 5:30p Buns & Guns ① Minute on the Minute Full ②	19 5:15a The Nell ① 8:15a Stations ② 5:30p Strength 2.0 ② ③ 6:15p Boxing ①	20 5:15a AM's Class ① 8:15a The Fighter ① 4:00p Dirty 30 ② 5:30p Flex ② ③	21 8:15a Lose the Turkey ②	22 10:00a ②
24 CLOSED	25 Merry Christmas	26 CLOSED *CHECK FB FOR POPUP AFTERNOON CLASSES*	27 5:15a The Flamingo ① 8:15a Piloxing ① 5:30p GRIT ② ③	28 8:15a Flex ②	29 NO CLASS *SOLEMATE* 5K Relay
31 CLOSED *CHECK FB FOR POPUP 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-