

a program that WORKS



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December 2018 LIVE STREAM

FB CHECK-IN: #givebooks

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662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
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3	4 DO AT HOME: 100 JUMPING JACKS 80 OVERHEAD PRESS 60 CHINEES 40 PUSHUPS 20 STAR JUMPS	5 5:30p The Flamingo	6 5:30p Strength	7	8
10 5:30p 3.5	11 DO AT HOME: 30S LAT HOLD 30S WALL SQUAT HOLD 30S 6 INCH HOLD 30S BURPEES REPEAT 10X	12 5:30p Mashup	13	14	15
17 5:30p The Fighter	18 DO AT HOME: 100 HIGH KNEES 80 CHIN PULLS 60 DOUBLE SUMOS 40 LEG DROPS 20 PUSHUPS	19	20 5:30p Flex	21	22
24 NO CLASSES	25 Merry Christmas	26 DO AT HOME: 30S FLY HOLD 30S WIDE SQUAT HOLD 30S V HOLD 30S BURPEES REPEAT 10X	27 5:30p GRIT	28	29
31 NO CLASSES					

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