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## December 2018 LIVE STREAM

**FB CHECK-IN: #givebooks**

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

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studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
					<b>1</b>
<b>3</b>	<b>4</b> DO AT HOME: 100 JUMPING JACKS 80 OVERHEAD PRESS 60 CHINEES 40 PUSHUPS 20 STAR JUMPS	<b>5</b> <b>5:30p The Flamingo</b>	<b>6</b> <b>5:30p Strength</b>	<b>7</b>	<b>8</b>
<b>10</b> <b>5:30p 3.5</b>	<b>11</b> DO AT HOME: 30S LAT HOLD 30S WALL SQUAT HOLD 30S 6 INCH HOLD 30S BURPEES REPEAT 10X	<b>12</b> <b>5:30p Mashup</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>17</b> <b>5:30p The Fighter</b>	<b>18</b> DO AT HOME: 100 HIGH KNEES 80 CHIN PULLS 60 DOUBLE SUMOS 40 LEG DROPS 20 PUSHUPS	<b>19</b>	<b>20</b> <b>5:30p Flex</b>	<b>21</b>	<b>22</b>
<b>24</b> <b>NO CLASSES</b>	<b>25</b> <b>Merry Christmas</b>	<b>26</b> DO AT HOME: 30S FLY HOLD 30S WIDE SQUAT HOLD 30S V HOLD 30S BURPEES REPEAT 10X	<b>27</b> <b>5:30p GRIT</b>	<b>28</b>	<b>29</b>
<b>31</b> <b>NO CLASSES</b>					

LIVE STREAMING CLASSES ARE \$20 A MONTH  
[WWW.SQUAREUP.COM/STORE/STUDIO-S-GREENVILLE](http://WWW.SQUAREUP.COM/STORE/STUDIO-S-GREENVILLE)