

a program that WORKS



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January 2019 Greenville, MS  
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studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
	<b>1</b> 	<b>2</b> 5:15a Dirty 30 ① 8:15a 10-100 ① 5:30p 3.5 ② 6:15p Boxing ①	<b>3</b> 5:15a 10-100 ① 8:15a CRAZE ① 4:00p Flex ② 5:30p Arm Assault ① ③ The Relay ②	<b>4</b> 8:15a Buns & Guns ①	<b>5</b> 10:00a ②
<b>7</b> 5:15a Birthday Special ① 8:15a Goal Crusher ② 5:30p Dirty 30 ② ③ 6:15p CRAZE ①	<b>8</b> 5:15a Buns & Guns ① 8:15a Lose the Turkey ① 4:00p The Mal ① 5:30p Buns & Guns ① Stations ②	<b>9</b> 5:15a Studio² ① 8:15a Stations ② 5:30p Birthday Special ② ③ 6:15p CAP ①	<b>10</b> 5:15a AM's Class ① 8:15a Leg Crusher ② 4:00p The Fighter ② 5:30p Class Mashup ① Cardio Blast ②	<b>11</b> 8:15a CAP ①	<b>12</b> 10:00a ②
<b>14</b> 5:15a Hercules ① 8:15a The Ellie ① 5:30p Figure 4 ② ③ 6:15p CRAZE ①	<b>15</b> 5:15a GRIT ① 8:15a The Flamingo ① 4:00p The Ellie ① 5:30p Flex ① ③ The Ellie II ②	<b>16</b> 5:15a Strength 2.0 ① 8:15a Piloxing ① 5:30p The Mal ① Piloxing ② 6:15p Boxing ①	<b>17</b> 5:15a The Funfetti ② 8:15a CRAZE ① 4:00p Minute on the Minute ② 5:30p The Flamingo ②	<b>18</b> 8:15a Figure 4 ①	<b>19</b> 10:00a ②
<b>21</b> 5:15a Up/Down BC MTN ① 8:15a The Relay ② 5:30p Hercules ② ③ 6:15p CRAZE ①	<b>22</b> 5:15a CRAZE ① 8:15a 500 ① 4:00p Birthday Special ① 5:30p TACS ① The Glutton ②	<b>23</b> 5:15a The Nell ① 8:15a Stations ② 5:30p Minute on the Minute ① Leg Crusher ② 6:15p CAP ①	<b>24</b> 5:15a AM's Class ① 8:15a Studio² ① 4:00p Goal Crusher ② 5:30p The Nell ② ③	<b>25</b> 8:15a Arm Assault ①	<b>26</b> 10:00a ②
<b>28</b> 5:15a 3.5 ① 8:15a KP Workout ② 5:30p Lose the Turkey ② 6:15p CRAZE ①	<b>29</b> 5:15a The Flamingo ① 8:15a 3.5 ① 4:00p The Plate ② 5:30p Strength 2.0 ① Studio² ② ③	<b>30</b> 5:15a The Fighter ① 8:15a Piloxing ① 5:30p 500 ① The Fighter ② ③ 6:15p Boxing ①	<b>31</b> 5:15a The Mal ① 8:15a Strength 2.0 ① 4:00p The Flamingo ② 5:30p Up and Down BC MTN ②		

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