

a program that WORKS



WE ALSO OFFER:

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Fitness app -Google Play or iTunes Store (studio s fitness)
Amazon Prime Live Bootcamp Series
Studio S Elite program-www.studioselite.com

Find more information online @ saramorelandfitness.com

February 2019 Greenville, MS
FB CHECK-IN: #savethemall

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
				1 8:15a Buns & Guns ①	2 10:00a ①
4 5:15a Buns & Guns ① 8:15a Goal Crusher ② 5:30p The Flamingo ② 6:15p CRAZE ②	5 5:15a Birthday Special ① 8:15a Lose the Turkey ① 5:30p The Plate ① Stations ②	6 5:15a Flex ① 8:15a Stations ② 5:30p Flex ① Smash ② 6:15p CAP ①	7 5:15a AM's Class ① 8:15a Minute on the Minute Full ② 5:30p Studio ² ②	8 8:15a CAP ①	9
11 5:15a Dirty 30 ① 8:15a The Ellie II ② 5:30p The Nell ② 6:15p CRAZE ②	12 5:15a Figure 4 ① 8:15a The Flamingo ① 5:30p Buns & Guns ① The Glutton ②	13 5:15a Strength 2.0 ① 8:15a Piloxing ① 5:30p Piloxing ② 6:15p Boxing ①	14 5:15a The Funfetti ② 8:15a CRAZE ② 5:30p Lose the Turkey ②	15 8:15a Studio ² ①	16 10:00a ②
18 5:15a Lose the Turkey ① 8:15a The Funfetti ② 5:30p Strength 2.0 ② 6:15p CRAZE ②	19 5:15a CRAZE ② 8:15a The Fighter ① 5:30p 3.5 ① Stations ②	20 5:15a The Nell ① 8:15a Stations ② 5:30p Arm Assault ① KP Workout ② 6:15p CAP ①	21 5:15a AM's Class ① 8:15a The Plate ① 5:30p Dirty 30 ②	22 8:15a 500 ①	23 10:00a ②
25 5:15a The Plate ① 8:15a Cardio Blast ② 5:30p The Fighter ② 6:15p CRAZE ②	26 5:15a The Flamingo ① 8:15a 3.5 ① 5:30p Strength ① The Funfetti ②	27 5:15a The Fighter ① 8:15a Piloxing ① 5:30p 500 ① Goal Crusher ② 6:15p Boxing ①	28 5:15a Stations ② 8:15a Strength 2.0 ① 5:30p Minute on the Minute ②		

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-