

a program that WORKS



WE ALSO OFFER:

Amazon Prime Live Bootcamp Series

Fitness app -Google Play or iTunes Store (studio s fitness)

Studio S Elite program-www.studioselite.com

At Home Workouts emailed directly to you & FB online challenges

Find more information online @ saramorelandfitness.com

March 2019 Greenville, MS

FB CHECK-IN: #vitamins4kids

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
				1 5:15a WOD ② 8:15a Up/Down Bootcamp Mtn ①	2 10:00a ②
4 5:15a The Relay ② 8:15a Chocolate Margarita ① 5:30p Form Training ②	5 5:15a Minute on the Minute ① 8:15a Birthday Special ① 5:30p Figure 4 ②	6 5:15a KP workout ② 8:15a The Glutton ② 5:30p Stations ② 6:15p CAP ①	7 5:15a AM's Class ① 8:15a Minute on the Minute ② 5:30p Studio ² ②	8 8:15a The Nell ①	9 10:00a ②
11 5:15a Stations ② 8:15a Lose the Turkey ① 5:30p Chocolate Margarita ② 6:15p CRAZE ②	12 5:15a Studio ² ① 8:15a Stations ② 5:30p Buns & Guns ① The Relay ②	13 5:15a Chocolate Margarita ① 8:15a The Ellie II ② 5:30p Piloxing ② 6:15p Boxing ①	14 5:15a Leg Crusher ② 8:15a Form Training ② 5:30p The Fighter ②	15 5:15a WOD ② 8:15a Figure 4 ①	16 10:00a ②
18 5:15a The Ellie II ② 8:15a The Flamingo ① 5:30p Dirty 30 ② 6:15p CRAZE ②	19 5:15a CRAZE ② 8:15a CRAZE ② 5:30p TACS ① The Ellie II ②	20 5:15a Buns & Guns ① 8:15a Leg Crusher ② 5:30p Strength 2.0 ② 6:15p CAP ①	21 5:15a AM's Class ① 8:15a Piloxing ① 5:30p Birthday Special ②	22 8:15a Studio ² ②	23 10:00a ②
25 5:15a Smash ② 8:15a Dirty 30 ① 5:30p Stations ② 6:15p CRAZE ②	26 5:15a Dirty 30 ① 8:15a 3.5 ① 5:30p GRIT ① Cardio Blast ②	27 5:15a Strength 2.0 ① 8:15a The Relay ② 5:30p Strength ① Form Training ② 6:15p Boxing ①	28 5:15a Stations ② 8:15a GRIT ① 5:30p Minute on the Minute ②	29 5:15a WOD ② 8:15a Goal Crusher ②	30 10:00a 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-