

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

April 2019 Greenville, MS

FB CHECK-IN: #autismawareness

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
1 5:15a Minute on the Minute ⁽²⁾ 8:15a Chocolate Margarita ⁽¹⁾ 5:30p Up/Down Bootcamp Mountain ⁽²⁾	2 5:15a Goal Crusher ⁽²⁾ 8:15a Stations ⁽²⁾ 5:30p Studio ² ⁽¹⁾ The Funfetti ⁽²⁾	3 5:15a Flex ⁽²⁾ 8:15a Cardio Blast ⁽²⁾ 5:30p Lose the Turkey ⁽²⁾	4 5:15a AM's Class ⁽¹⁾ 8:15a Minute on the Minute ⁽²⁾ 5:30p The Mal ⁽²⁾	5 5:15a WOD ⁽²⁾ 8:15a 10-100 ⁽¹⁾	6 10:00a ⁽²⁾
8 5:15a The Ellie II ⁽²⁾ 8:15a Figure 4 ⁽¹⁾ 5:30p Stations ⁽²⁾	9 5:15a Strength Training ⁽²⁾ 8:15a Strength 2.0 ⁽¹⁾ 5:30p 500 ⁽¹⁾ Minute on the Minute Full ⁽²⁾	10 5:15a Chocolate Margarita ⁽²⁾ 8:15a SMASH ⁽²⁾ 5:30p Piloxing ⁽²⁾	11 5:15a Stations ⁽²⁾ 8:15a The Nell ⁽²⁾ 5:30p Figure 4 ⁽²⁾	12 8:15a Flex ⁽¹⁾	13 10:00a ⁽²⁾
15 5:15a Dirty 30 ⁽²⁾ 8:15a The Flamingo ⁽¹⁾ 5:30p The Fighter ⁽²⁾	16 5:15a Bootcamp ⁽²⁾ 8:15a Stations ⁽²⁾ 5:30p Buns & Guns ⁽¹⁾ Smash ⁽²⁾	17 5:15a The Funfetti ⁽²⁾ 8:15a The Ellie II ⁽²⁾ 5:30p Birthday Special ⁽²⁾	18 5:15a AM's Class ⁽¹⁾ 8:15a Form Training ⁽²⁾ 5:30p 3.5 ⁽²⁾	19 GOOD FRIDAY NO CLASSES	20 10:00a ⁽²⁾
22 5:15a KP Workout ⁽²⁾ 8:15a Dirty 30 ⁽¹⁾ 5:30p Chocolate Margarita ⁽²⁾	23 5:15a Stations ⁽²⁾ 8:15a CRAZE ⁽²⁾ 5:30p Flex ⁽¹⁾ The Ellie II ⁽²⁾	24 5:15a Buns & Guns ⁽²⁾ 8:15a KP Workout ⁽²⁾ 5:30p Strength 2.0 ⁽²⁾	25 5:15a GRIT ⁽¹⁾ 8:15a Piloxing ⁽¹⁾ 5:30p The Flamingo ⁽²⁾	26 5:15a WOD ⁽²⁾ 8:15a Strength Training ⁽²⁾	27 10:00a ⁽²⁾
29 5:15a Craze ⁽²⁾ 8:15a The Mal ⁽¹⁾ 5:30p Stations ⁽²⁾	30 5:15a Bootcamp ⁽²⁾ 8:15a 3.5 ⁽¹⁾ 5:30p GRIT ⁽¹⁾ Goal Crusher ⁽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-