

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

May 2019 Greenville, MS
FB CHECK-IN: #giveshoes

FACEBOOK: Studio S

INSTAGRAM: Stu.dio.s

662-207-BFIT

studiosgreenville@yahoo.com

Mon.	Tue.	Wed.	Thurs.	Fri.	Sat.
		1 5:15a Flex ② 8:15a The Glutton② 5:30p Lose the Turkey②	2 5:15a AM's Class① 8:15a The Nell ② 5:30p Minute on the Minute②	3 8:15a WOD②	4 10:00a ②
6 5:15a The Ellie II ② 8:15a Figure 4 ① 5:30p Stations②	7 5:15a Chocolate Margarita② 8:15a Strength 2.0 ② 5:30p 500 ① Cardio Blast ②	8 5:15a Birthday Special ② 8:15a SMASH ② 5:30p Piloxing ②	9 5:15a Stations ② 8:15a Minute on the Minute② 5:30p Figure 4 ②	10 5:15a WOD② 8:15a WOD②	11 10:00a ②
13 5:15a Up/Down Bootcamp Mtn ② 8:15a The Flamingo ① 5:30p The Fighter ②	14 5:15a Bootcamp ② 8:15a Stations ② 5:30p Buns & Guns ① KP Workout ②	15 5:15a The Fighter ② 8:15a The Ellie II ② 5:30p Birthday Special②	16 5:15a AM's Class① 8:15a Form Training ② 5:30p Chocolate Margarita②	17 5:15a WOD② 8:15a WOD②	18 10:00a ②
20 5:15a The Funfetti ② 8:15a Dirty 30 ① 5:30p Stations ②	21 5:15a Stations② 8:15a CRAZE ② 5:30p Flex②	22 5:15a Buns & Guns ② 8:15a The Fighter ② 5:30p Strength 2.0 ②	23 5:15a GRIT① 8:15a Piloxing ① 5:30p The Flamingo②	24 5:15a WOD② 8:15a WOD②	25 10:00a ②
27 Memorial Day NO CLASSES	28 5:15a Bootcamp ② 8:15a Chocolate Margarita① 5:30p GRIT① Smash ②	29 5:15a Figure 4② 8:15a Birthday Special ① 5:30p The Ellie II ②	30 5:15a Strength Training ② 8:15a Up/Down Bootcamp Mtn① 5:30p Studio² ②	31 5:15a WOD② 8:15a WOD②	

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-