

# JUNE 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 am TSF Circuit+ PumpFIT w/Staci	8:30 am TSF CycleFIT w/Kelsey	8:00 am TSF Ultimate WorkoutFIT w/LynnB!(6/7) w/Kris(6/14,21,27)	8:30 am TSF PumpFIT w/Kelsey	8:30 am STRONG by Zumba w/Staci	8:00 am TSF PumpFIT w/Kris(6/10,17) w/Kelsey(6/24)	
9:15 am Zumba w/Staci	9:15 am Zumba w/Kelsey	9:00 am Veraflow w/LynnB!(6/7)  TSF Strength+Pilates +StretchFIT w/Robin(6/14,21,28)	9:15 am Zumba w/Kelsey	9:15am Zumba w/Staci	9:00 am Zumba w/Jessica(6/10) w/Annie(6/17) w/Kelsey(6/24)	
			4:30 pm Just Dance w/Chris  5:15 pm TSF PumpFIT w/Joan		9:00 am TSF Mobility+CoreFIT w/Staci(6/10) Zumba Gold (BEGINNER) w/Geon & Marianne(6/17) Kids Zumba+Parent/ Caregiver(6/24-\$5 per person)	
5:30 pm Zumba w/Jorge(6/12,19) R&B Line Dancing w/Cynthia(6/26)  TSF PumpFIT w/Kris	5:30 pm Zumba w/Haley(6/6,13,27) w/Geon&Marianne(6/20)  TSF Total BodyFIT w/Marianne(6/6) w/Joan(6/20) w/Nina(6/13,27)	5:30 pm Zumba w/Doug & Joan  TSF PumpFIT w/Kris	5:30 pm LaBlast Line Dance w/Chris  6:00 pm TSF KettlebellFIT w/Staci		10:00 am Zumba w/Staci(6/10) w/Haley(6/17) w/Jessica(6/24)	4:00 pm R&B Line Dancing w/Cynthia(6/11,18)  4:30 pm SPECIAL EVENT R&B LINE DANCE, ZIN ZUMBA, R& B LINE DANCE & MORE!!! SUNDAY, JUNE 25 \$5 minimum donation
6:30 pm TSF KettlebellFIT w/Joan  TSF Ultimate WorkoutFIT w/Geon & Marianne	6:30 pm TSF KettlebellFIT w/Dr. Dave(6/6,13,20) w/Doug(6/27)  LaBlast Shape w/Chris	6:30 pm U-JAM w/Amy  TSF Ultimate Workout FIT w/Geon & Marianne (6/7,14,28) w/LynnB!(6/21)	6:30 pm Zumba w/Annie		10:00 am TSF KettlebellFIT w/Dr. Dave	5:00 pm Zumba w/Jessica(6/11,18)  4:30 pm SPECIAL EVENT R&B LINE DANCE, ZIN ZUMBA, R& B LINE DANCE & MORE!!! SUNDAY, JUNE 25 \$5 minimum donation
7:30 pm Zumba w/Annie  R&B Line Dancing w/Cynthia (6/12,19)	7:30 pm Zumba w/Sara(6/6,13,27)  Tango w/Chris	7:30 pm VeraFlow w/LynnB! (6/21)	7:30 pm Zumba w/Haley(6/8,15) w/Stephanie(6/22,29)			Please note: Classes and Instructors are subject to change at any time. Check The Studio Fitness Facebook page daily as/and if we are aware of any changes.