


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:30am SPIN (Beth) 9:00am Barre (Kara) 9:45am PUMP (Jay)
	December 2018		STUDIO FITNESS			
2	3	4	5	6	7	8
8:45am H.I.I.T. (Adam)	11:00am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:00am Barre (Kara) 4:00pm Barre (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Step Aerobics (Laurie)	9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Beth) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:45pm Core Circuit (Kara)	8:30am SPIN (Katie) 9:00am Barre (Kara) 9:45am Barre Pump (Kara)
9	10	11	12	13	14	15
8:45am H.I.I.T. (Adam)	11:00am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:00am Barre (Kara) 4:00pm Barre (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Step Aerobics (Laurie)	9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:45pm Core Circuit (Kara)	8:30am SPIN (Beth) 9:00am Barre (Kara) 9:45am PUMP (Jay)
16	17	18	19	20	21	22
8:45am H.I.I.T. (Adam)	11:00am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:00am Barre (Kara) 4:00pm Barre (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Step Aerobics (Laurie)	9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:45pm Core Circuit (Kara)	8:30am SPIN (Beth) 9:00am Barre (Kara) 9:45am Barre Pump (Kara)
23	24	25	26	27	28	29
8:45am H.I.I.T. (Adam)	9:00am SPIN (Julia) 9:30am Core Circuit (Kara) 11:00am Body Circuit (Kara)		9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:45pm Core Circuit (Kara)	8:30am SPIN (Katie) 9:00am Barre (Kara) 9:45am PUMP (Jay)
30	31					
8:45am H.I.I.T. (Adam)	11:00am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	**Please Note: This class has a mandatory sign-in process through our Mindbody app. Contact us for more details.	Studio Fitness LLC- Helping You Build A Body You'll Love	For More Information: Like us on Facebook/Instagram: Studio Fitness VT / @studiofitnessvt Visit our Website: www.studiofitnessvt.com Email: info@studiofitnessvt.com Download: MINDBODY app for all class listings and updates!		