

JANUARY 2019

Studio Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	2 6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	3 9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:30pm Core Circuit (Kara)	4 8:30am SPIN (Beth) 9:00am Barre (Kara) 9:45am Barre Pump (Kara)
6 8:45am H.I.I.T. (Adam)	7 9:15am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	8 6:00am SPIN** (Julia) 9:00am Barre (Kara) 4:00pm Barre (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Step Aerobics (Laurie)	9 9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	10 6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	11 9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:30pm Core Circuit (Kara)	12 8:30am SPIN (Beth) 9:00am Barre (Kara) 9:45am PUMP (Jay)
13 8:45am H.I.I.T. (Adam)	14 9:15am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	15 6:00am SPIN** (Julia) 9:00am Barre (Kara) 4:00pm Barre (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Step Aerobics (Laurie)	16 9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	17 6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	18 9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:30pm Core Circuit (Kara)	19 8:30am SPIN (Beth) 9:00am Barre (Kara) 9:45am Barre Pump (Kara)
20 8:45am H.I.I.T. (Adam)	21 9:15am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	22 6:00am SPIN** (Julia) 9:00am Barre (Kara) 4:00pm Barre (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Step Aerobics (Laurie)	23 9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	24 6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm PUMP (Ed) 5:30pm Body Circuit (Kyle)	25 9:00am CORE (Kyle) 4:00pm H.I.I.T. (Adam) 4:30pm Core Circuit (Kara)	26 8:30am SPIN (Beth) 9:00am Barre (Kara) 9:45am PUMP (Jay)
27 8:45am H.I.I.T. (Adam)	28 9:15am Body Circuit (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Kara) 5:30pm PUMP (Jay)	29 6:00am SPIN** (Julia) 9:00am Barre (Kara) 4:00pm Barre (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Step Aerobics (Laurie)	30 9:00am Core Circuit (Kara) 4:00pm Core (Kara) 4:30pm Barre Pump (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	31 6:00am H.I.I.T. ** (Adam) 4:30pm PUMP (Ed) 5:30pm Bootcamp (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!