

## FEBRUARY 2019

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

**\*\*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**

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