

April 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
	9:15am Body Circuit (Kara) 4:15pm Cardio Blast (Kara) 5:00pm BARRE (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:00am BARRE (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Stacy) 5:30pm STEP (Laurie)	9:00am Core Power (Kara) 4:00pm Barre Bumz (Kara) 4:30pm SPIN (Julia) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:00am BARRE (Kara) 4:00pm H.I.I.T. (Adam) 4:35pm Core Power (Kara)	8:00am BARRE (Kara) 8:45am SPIN (Katie) 9:45am Body Circuit (Kyle)
	7	8	9	10	11	12
8:45am H.I.I.T. (Adam)	9:15am Body Circuit (Kara) 4:15pm Cardio Blast (Kara) 5:00pm BARRE (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:00am BARRE (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Stacy) 5:30pm STEP (Laurie)	9:00am Core Power (Kara) 4:00pm Barre Bumz (Kara) 4:30pm SPIN (Julia) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:00am BARRE (Kara) 4:00pm H.I.I.T. (Kara) 4:35pm Core Power (Kara)	8:30am SPIN (Beth) 8:30am Barre Pump (Kara) 9:15am BARRE (Kara) 9:45am PUMP (Jay)
	14	15	16	17	18	19
8:45am Cardio Blast (Kara)	9:15am Body Circuit (Kara) 4:15pm Cardio Blast (Kara) 5:00pm BARRE (Kara) 5:30pm PUMP (Jay)	9:00am BARRE (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Stacy) 5:30pm STEP (Laurie)	9:00am Core Power (Kara) 4:00pm Barre Bumz (Kara) 4:30pm SPIN (Beth) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	9:00am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:00am BARRE (Kara) 4:00pm H.I.I.T. (Kara) 4:35pm Core Power (Kara)	8:30am SPIN (Beth) 8:30am Barre Pump (Kara) 9:15am BARRE (Kara)
	21	22	23	24	25	26
8:45am H.I.I.T. (Adam)	9:15am Body Circuit (Kara) 4:15pm Cardio Blast (Kara) 5:00pm BARRE (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:00am BARRE (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Stacy) 5:30pm STEP (Laurie)	9:00am Core Power (Kara) 4:00pm Barre Bumz (Kara) 4:30pm SPIN (Julia) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:00am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:00am BARRE (Kara) 4:00pm H.I.I.T. (Kara) 4:35pm Core Power (Kara)	8:30am SPIN (Beth) 8:30am Barre Pump (Kara) 9:15am BARRE (Kara) 9:45am PUMP (Jay)
	28	29	30			
8:45am H.I.I.T. (Adam)	9:15am Body Circuit (Kara) 4:15pm Cardio Blast (Kara) 5:00pm BARRE (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:00am BARRE (Kara) 4:00pm Yoga Flow (Bri) 4:50pm H.I.I.T. (Stacy) 5:30pm STEP (Laurie)				
		<p>**Please Note: This class has a mandatory sign-in process through our Mindbody app. Contact us for more details.</p>	<p>Studio Fitness LLC- Helping You Build A Body You'll Love</p>	<p>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!</p>		