

May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
				1	2	3	4
			9:00am Core Power (Kara) 4:30pm SPIN (Julia) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:30am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:15am BARRE (Kara) 4:00pm H.I.I.T. (Adam) 4:35pm Core Power (Kara)	8:30am SPIN (Beth) 8:30am Barre Pump (Kara) 9:15am BARRE (Kara)	
	5	6	7	8	9	10	11
8:45am H.I.I.T. (Adam)	9:15am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:30am BARRE (Kara) 4:15pm Yoga Flow (Bri) 5:00pm H.I.I.T. (Stacy)	9:30am Core Power (Kara) 4:30pm SPIN (Julia) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:30am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:15am 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) 10:00am PUMP (Jay)	
	12	13	14	15	16	17	18
8:45am H.I.I.T (Adam)	9:15am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:30am BARRE (Kara) 4:15pm Yoga Flow (Bri) 5:00pm H.I.I.T. (Stacy)	9:30am Core Power (Kara) 4:30pm SPIN (Beth) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:30am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:15am 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)	
	19	20	21	22	23	24	25
8:45am H.I.I.T. (Adam)	9:15am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	6:00am SPIN** (Julia) 9:30am BARRE (Kara) 4:15pm Yoga Flow (Bri) 5:00pm H.I.I.T. (Stacy)	9:30am Core Power (Kara) 4:30pm SPIN (Julia) 4:30pm Barre Pump (Kara) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:30am Barre Pump (Kara) 4:30pm Body Circuit (Kyle) 5:30pm Core Power (Kyle)	9:15am BARRE (Kara) 4:00pm Cardio Blast (Kyle)	8:30am Barre Pump (Kara) 9:15am BARRE (Kara) 10:00am PUMP (Jay)	
	26	27	28	29	30	31	
8:45am Cardio Blast (Kara)	9:15am Body Circuit (Kara)	6:00am SPIN** (Julia) 9:30am BARRE (Kara) 4:15pm BARRE (Kara) 5:00pm H.I.I.T. (Stacy)	9:30am Core Power (Kara) 4:30pm SPIN (Julia) 5:30pm Body Circuit (Kyle)	6:00am H.I.I.T. ** (Adam) 9:30am Barre Pump (Kara) 4:30pm Body Circuit (Kara) 5:30pm Core Power (Kara)	9:15am BARRE (Kara) 4:00pm H.I.I.T. (Adam) 4:35pm Core Power (Kara)		

Sign-In On our Mindbody App before class for the most updated schedule!

****Please Note:**
This class has a mandatory sign-in process through our Mindbody app. Contact us for more details.

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Body You'll Love**

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