

June 2019

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