

AUGUST 2019

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

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