

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8:45am H.I.I.T. (Adam)	2 9:00am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	3 6:00am SPIN** (Beth) 9:30am BARRE (Kara) 4:30pm Barre Bumz (Bri) 5:00pm H.I.I.T. (Emily)	4 9:30am K.F.I.T. (Kara) 4:30pm SPIN** (Julia) 5:30pm Body Circuit (Kyle)	5 6:00am H.I.I.T. ** (Adam) 9:30am Mat Pilates (Melinda) 4:30pm YOGA (Bri) 5:30pm Body Burn (Jay)	6 6:00am H.I.I.T.** (Julia) 9:00am FLOW (Kara) 4:00pm H.I.I.T. (Adam)	8 8:15am SPIN** (Beth) 9:00am Barre Bumz (Bri)
8 8:45am H.I.I.T. (Adam)	9 9:00am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	10 6:00am SPIN** (Beth) 9:30am BARRE (Kara) 4:30pm Barre Bumz (Bri) 5:00pm H.I.I.T. (Emily)	11 9:30am K.F.I.T. (Kara) 4:30pm SPIN** (Julia) 5:30pm Body Circuit (Kyle)	12 6:00am H.I.I.T. ** (Adam) 9:30am Mat Pilates (Melinda) 4:30pm YOGA (Bri) 5:30pm Body Burn (Jay)	13 6:00am H.I.I.T.** (Julia) 9:00am FLOW (Kara) 4:00pm H.I.I.T. (Adam)	14 8:15am SPIN** (Beth) 9:00am Barre Bumz (Kara) 9:30am K.F.I.T. (Kara)
15 8:45am H.I.I.T (Adam)	16 9:00am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	17 6:00am SPIN** (Beth) 9:30am BARRE (Kara) 4:30pm Barre Bumz (Bri) 5:00pm H.I.I.T. (Adam)	18 9:30am K.F.I.T. (Kara) 4:30pm SPIN** (Julia) 5:30pm Body Circuit (Kyle)	19 6:00am H.I.I.T. ** (Adam) 9:30am Mat Pilates (Melinda) 4:30pm YOGA (Bri) 5:30pm Body Burn (Jay)	20 6:00am H.I.I.T.** (Julia) 9:00am FLOW (Kara) 4:00pm H.I.I.T. (Adam)	21 8:15am SPIN** (Lindsey) 9:00am Barre Bumz (Bri)
22 8:45am H.I.I.T (Adam)	23 9:00am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	24 6:00am SPIN** (Beth) 9:30am BARRE (Kara) 4:30pm Barre Bumz (Bri) 5:00pm H.I.I.T. (Adam)	25 9:30am K.F.I.T. (Kara) 4:30pm SPIN** (Julia) 5:30pm Body Circuit (Kyle)	26 6:00am H.I.I.T. ** (Adam) 9:30am Mat Pilates (Melinda) 4:30pm YOGA (Bri) 5:30pm Body Burn (Jay)	27 6:00am H.I.I.T.** (Julia) 9:00am FLOW (Kara) 4:00pm H.I.I.T. (Adam)	28 9:00am Barre Bumz (Kara) 9:30am K.F.I.T. (Kara)
29 8:45am H.I.I.T (Adam)	30 9:00am Body Circuit (Kara) 4:30pm Cardio Blast (Kara) 5:30pm PUMP (Jay)	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!		**Please Note: This class has a mandatory sign-in process through our Mindbody app. Contact us for more details.		