

November 2019

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