

effective 1/29/21

StudioG

# VIRTUAL CLASSES

**BOOK YOUR CLASS:** [studiog2012.com](http://studiog2012.com), MIND BODY APP, Mind Body Website

**\* ALSO CAN BE PURCHASED AS RECORDED CLASS. CHECK THE MIND BODY SCHEDULE**



## MONDAY

### **\*10 ROUNDS BURN**

Gena, \$5

6:15-7am

Boxing + Toning  
using light weights

### **FHIIT CAMP**

Pat, \$5

10-10:45am

cardio + toning  
using light weights

**ZUMBA**

Hazel

### **Pre-Recorded**

Register by 9:40am

**Link emailed by  
9:50am**

**ZUMBA** Joyce, \$5

5:30-6:15pm

**\*XTREME** Jen, \$6

6:30-7:30pm

## TUESDAY

### **FHIIT CAMP**

Pat, \$5

5:30-6:15pm

cardio +  
toning  
using light  
weights

**ZUMBA**

Hazel \$6

6:30-7:30pm

## WEDNESDAY

### **\*10 ROUNDS BURN**

Gena, \$5

6:15-7am

Boxing + Toning  
using light weights

**ZUMBA**

Joyce, \$5

5:30-6:15pm

**\*Hip Hop  
Cardio Kick**

Jen, \$5

6:30-7:15pm

## THURSDAY

**ZUMBA**

w/Hazel

### **Pre-Recorded**

Register  
by 9:40am

**Link emailed by  
9:50am**

### **FHIIT CAMP**

Pat, \$5

5:30-6:15pm

cardio +  
toning  
using light  
weights

## FRIDAY

### **\*10 ROUNDS BURN**

Gena, \$5

6:15-7am

Boxing + Toning  
using light weights

**ZUMBA**

Joyce \$6

### **Pre-Recorded**

Register by  
5:10pm

Link emailed by  
5:20pm

## SATURDAY

**\*XTREME  
HIP-HOP**

Jen, \$6

9-10am

### **TWERK & Tone**

Hazel, \$5

10:15-11am

cardio +  
toning  
using light  
weights

## SUNDAY

**Fitness  
Mash Up**

+

**Morning  
Meditation**

Gena B  
& Studio G  
Instructors

**FREE**

9-10am

**MUST STILL  
REGISTER**

**ZUMBA**

sentao

Dee, \$6

3-4pm