

effective 2/10/21



VIRTUAL CLASSES

BOOK YOUR CLASS: studiog2012.com, MIND BODY APP, Mind Body Website

***ALSO CAN BE PURCHASED AS A 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



Hazel

Pre-Recorded

Register by 9:40am

Link emailed by

9:50am

ZUMBA Joyce, \$5

5:30-6:15pm

***XTRME** Jen, \$6

6:30-7:30pm

TUESDAY

FHIIT CAMP

Pat, \$5

5:30-6:15pm

cardio +
toning
using light
weights



Hazel \$6

6:30-7:30pm

WEDNESDAY

*10 ROUNDS BURN

Gena, \$5

6:15-7am

Boxing + Toning
using light weights



Joyce, \$5

5:30-6:15pm

***Hip Hop
Cardio Kick**

Jen, \$5

6:30-7:15pm

THURSDAY



w/Hazel

Pre-Recorded

Register

by 9:40am

Link emailed by

9:50am

FHIIT CAMP

Pat, \$5

5:30-6:15pm

cardio + toning
w/light weights

TWERK & Tone

Hazel, \$5

6:30-7:15pm

**LIVE every
other week
starting 2/18.
Pre-Recorded
every other
week starting
2/25.**

FRIDAY

*10 ROUNDS BURN

Gena, \$5

6:15-7am

Boxing + Toning
using light weights



Joyce \$5

45 minutes

Pre-Recorded

Register by

5:10pm

Link emailed by

5:20pm

SATURDAY



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**



sentao

Dee, \$6

3-4pm