

effective 8/24/20



VIRTUAL CLASSES

BOOK YOUR CLASS: 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



Gena B OR 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 Class

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



Joyce \$6

5:30-6:30pm

SATURDAY



Jen, \$6

9-10am



Gena B

OR

Hazel

\$6

10:15-11:15am

SUNDAY



Gena B

& Guest

FREE

9-10am

**MUST STILL
REGISTER**



sentao

Dee, \$6

3-4pm