



EFFECTIVE JANUARY 1, 2023

**Classes \$5-\$10/class**

**Kangoo Boots (\$7 Members, \$10 Non Members)**

**MEMBERSHIP ~ PASSES ~ Weight Training**

**FIRST TIMERS**

**(\$28/14 DAYS/UNLIMITED CLASSES)**

**5035 W. 71st St. Suite G ~ 3172054773**

**[www.studiogfitness.com](http://www.studiogfitness.com)**

**[studiogest2012@gmail.com](mailto:studiogest2012@gmail.com)**

DAY	TIME	CLASS	INSTRUCTOR
<b>MONDAY</b>	9-9:45am	<i>BEGINNERS</i> Xtreme Hip Hop Step	Debbie
	10-10:45am	FHIIT & Toning	Pat
	5:30-6:15pm	"G" Battle Balls & Bands	Gena B
	6:20-7:05pm	Xtreme Hip Hop (Step)	Jen
	7:15-8:00pm	Hip Hop	Camille
<b>TUESDAY</b>	5:15-6:00am	FHIIT & Toning	Jen
	10-10:45am	Silver & Gold	Shelley
	5:30-6:15pm	10 Rounds Burn	Gena B
	6:20-7:05pm	Zumba	Vickie
	7:15-8:00pm	"G" Battle Ropes	Kerry Ann
<b>WEDNESDAY</b>	5:15-6:00am	"G" Battle Balls & Bands	Pat
	6:20-7:05pm	Hip Hop	Camille
	7:15-8:00pm	**Xtreme Hip Hop (Step)	Jen/ArKeva
		**ArKeva (1st, 3rd, 5th Wed.)	**Jen (2nd, 4th Wed.)
<b>THURSDAY</b>	5:15-6:00am	"G" Battle Ropes	Kerry Ann
	9-9:45am	Zumba	LaNesha
	10-10:45am	Silver & Gold	Shelley
	5:30-6:15pm	FHIIT & Toning	Pat
	6:20-7:30pm	XTREME Hip Hop Step Workshop	Jen/ArKeva
	6:20-7:05pm	Urban Line Dance	Deitra
↑ BEGINS 1/12/23 ↑			
<b>FRIDAY</b>	10-10:45am	<i>BEGINNERS</i> Xtreme Hip Hop Step	Debbie
	6:00-6:45pm	Zumba	Vickie
<b>SATURDAY</b>	8-8:45am	"G" Battle Ropes	Gena B
	8:55-9:40am	Xtreme Hip Hop (Step)	ArKeva
	9:50-10:45am	Zumba	Vickie
	10:55-11:45am	Kangoo "Bounce"	Michelle
<b>SUNDAY</b>	7:30-8:15am	"G" Battle Balls & Bands	Pat