



EFFECTIVE AUGUST 1, 2022

\$5-\$10/class

or purchase a PASS or MEMBERSHIP

5035 W. 71st St. Suite G ~ 3172054773

www.studiogfitness.com

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DAY	TIME	CLASS	INSTRUCTOR
MONDAY	9-9:45am	Zumba	Vickie
	10-10:45am	FHIIT & Toning	Pat
	5:30-6:15pm	"G" Battle Balls & Bands	Gena B
	6:30-7:15pm	Xtreme Hip-Hop	Jen
	7:30-8:15pm	"G" Battle Ropes	Gena B
TUESDAY	5:15-6:00am	FHIIT & Toning	Jen
	10-10:45am	Silver & Gold	Shelley
	5:30-6:15pm	10 Rounds Burn	Gena B
	6:30-7:15pm	Zumba	Hazel
	7:30-8:15pm	"G" Battle Ropes	Kerry Ann
WEDNESDAY	5:15-6:00am	"G" Battle Balls & Bands	Pat
	5:30-6:15pm	"G" Battle Balls & Bands	Gena B
	6:30-7:15pm	Zumba	Vickie
	7:30-8:15pm	Xtreme Hip-Hop	Jen
THURSDAY	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
	6:30-7:30pm	Line Dance	Deitra
FRIDAY	6:00-6:45pm	Zumba	Vickie
SATURDAY	8-8:45am	"G" Battle Ropes	Gena B
	9-9:45am	Zumba	Gena B
	10-10:45am	Xtreme Hip-Hop	Jen
SUNDAY	7:30-8:15am	"G" Battle Balls & Bands	Pat