



**EFFECTIVE SEPTEMBER 1, 2022**

**\$5-\$12/class**

**Kangoo Boot Rental \$8**

**MEMBERSHIP & PASSES AVAILABLE**

**Weight Training Available**

**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>	10-10:45am	FHIIT & Toning	Pat
	5:30-6:15pm	"G" Battle Balls & Bands	Gena B
	6:30-7:15pm	Xtreme Hip Hop (Step)	Jen
	7:30-8:15pm	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
	6:30-7:15pm	Zumba	Hazel
	7:30-8:15pm	"G" Battle Ropes	Kerry Ann
<b>WEDNESDAY</b>	5:15-6:00am	"G" Battle Balls & Bands	Pat
	5:30-6:15pm	Zumba	Vickie
	6:30-7:15pm	Hip Hop	Camille
	7:30-8:15pm	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
	6:30-7:15pm	Line Dance	Deitra
	7:30-8:15pm	Kangoo "Bounce"	Michelle
<b>FRIDAY</b>	6:00-6:45pm	Zumba	Vickie
<b>SATURDAY</b>	8-8:45am	"G" Battle Ropes	Gena B
	9-9:45am	Xtreme Hip Hop (Step)	ArKeva
	10-10:45am	Kangoo "Bounce"	Michelle
	11-11:45am	Zumba	Vickie
<b>SUNDAY</b>	7:30-8:15am	"G" Battle Balls & Bands	Pat