



STUDIO|FIT

www.StudioFitKC.com

These Classes are taught at a beginner level.

These Classes are taught at an intermediate level.

These Classes are taught at an advanced level.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	CardioFIT Boot Camp (Sherry)	CoreFIT (Jonathon)	CardioFIT Boot Camp (Sherry)	StrengthFIT Boot Camp (Jonathon)	CardioFIT Boot Camp (Sherry)	
6:00 AM	CardioFIT Boot Camp (Sherry)					
7:00 AM						
8:00 AM						Yoga (B) Pilates (A) (Chasity) (Sherry)
9:00 AM						Zumba® (Chasity)
9:30 AM				Yoga (Chasity)		
10:00 AM						StrengthFIT Boot Camp (Jonathon)
11:00 AM						Bodybuilding Posing (William)
NOON						
3:30 PM				Athletic Training (William)		
4:30 PM	Zumba® (Chasity)			Zumba® (Chasity)		
5:00 PM		StudioAbs (Sherry)				
5:30 PM	Pilates (Sherry)	BodyFIT (Chasity)	Pilates (Sherry)	BodyFIT (Chasity)		
6:30 PM	Turbo Kick (Sherry)	StrengthFIT Boot Camp (Jonathon)	Turbo Kick (Sherry)	CardioFIT Boot Camp (Sherry)		
7:30 PM						