

Studio SI • September 2016 • EAST

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|---|--|
| | | | | 1 4:15 Zumba @ West 4:15 Zumba @ East 5:30 Zumba Toning MIX @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West | 2 9:00a Zumba Toning @ West 9:00 Zumba @ East 5:30 Zumba @ East | 3 9:00a Zumba @ West 9:00a INSANITY @ East |
| 4 3:00 Zumba @ West 3:00 Zumba @ East | 5 Studio SI CLOSED Labor Day | 6 4:15 Zumba @ West 4:15 Zumba @ East 5:30 TurboKick @ West 5:30 Zumba @ East 6:45 Zumba @ West 6:45 Zumba @ East | 7 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East | 8 4:15 Zumba @ West 4:15 Zumba @ East 5:30 STRONG @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West | 9 9:00a Zumba Toning @ West 9:00 Zumba @ East 5:30 Zumba @ East | 10 9:00a Zumba @ West 9:00a Zumba @ East |
| 11 3:00 Zumba @ West 3:00 Zumba @ East | 12 9:00a Zumba @ West 9:00a Zumba @ East 5:30 Zumba @ West 5:30 Zumba @ East 6:45 Zumba Toning @ West | 13 4:15 Zumba @ West 4:15 Zumba @ East 5:30 Zumba @ West 5:30 PiYo @ East 6:45 Zumba @ West 6:45 Zumba @ East | 14 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East | 15 4:15 Zumba @ West 4:15 Zumba @ East 5:30 Zumba Toning MIX @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West | 16 9:00a Zumba Toning @ West 9:00 Zumba @ East 5:30 Zumba @ East | 17 9:00a Zumba @ West 9:00a STRONG @ East |
| 18 3:00 Zumba @ West 3:00 Zumba @ East | 19 9:00a Zumba @ West 9:00a Zumba @ East 5:30 Zumba @ West 5:30 Zumba @ East 6:45 INSANITY @ West | 20 4:15 Zumba @ West 4:15 Zumba @ East 5:30 TurboKick @ West 5:30 STRONG @ East 6:45 Zumba @ West 6:45 Zumba @ East | 21 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East | 22 4:15 Zumba @ West 4:15 Zumba @ East 5:30 STRONG @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West | 23 9:00a Zumba Toning @ West 9:00 Zumba @ East 5:30 Zumba @ East | 24 9:00a Zumba @ West 9:00a Zumba @ East |
| 25 1:45 Newbie Class @ WEST (\$10/2 hours) 3:00 Zumba @ West 3:00 Zumba @ East | 26 9:00a Zumba @ West 9:00a Zumba @ East 5:30 Zumba @ West 5:30 Zumba @ East 6:45 Zumba Toning @ West | 27 4:15 Zumba @ West 4:15 Zumba @ East 5:30 STRONG @ West 5:30 PiYo @ East 6:45 Zumba @ West 6:45 Zumba @ East | 28 9:00a Zumba @ West 5:30 Zumba @ West 5:30 Zumba @ East 6:45 PiYo @ West 6:45 Zumba @ East | 29 4:15 Zumba @ West 4:15 Zumba @ East 5:30 Zumba Toning MIX @ West 5:30 Zumba @ East 6:45 CLuB Fitness @ West | 30 9:00a Zumba Toning @ West 9:00 Zumba @ East 5:30 Zumba @ East | |

For more information visit www.THESTUDIOSI.com.