



October 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
	PILOXING		9:30 Zumba Toning	9:15 RIP		
			5:45 Cycling	5:30 Suspension	6 Spin Fusion	9 RIP
			6:30 R.I.P.P.E.D.			
5	6	7	8		10	11
	9:30 Zumba		9:30 Zumba Toning	9:15am RIP		
	6-6:30 Hit the Mat	6 Suspension	5:45 Cycling	5:30 Suspension		
	6:30 RIP	7 Zumba Toning	6:30 R.I.P.P.E.D.	6:30 Fire	5:30 Ultimate Core	CLOSED FOR AT TRAINING
	7:45 Flow Yoga		7:30 PiYo		6 Spin Fusion	
12	13	14	15	16	17	18
	9:30 Zumba			9:15am RIP		
	6-6:30 Hit the Mat	6 Suspension	9:30 Zumba Toning	5:30 Suspension	5:30 Ultimate Core	9 RIP
	6:30 RIP	7 Zumba Toning	5:45 Cycling	6:30 Fire	6 Spin Fusion	10:15 Piloxing
	7:45 Flow Yoga		6:30 R.I.P.P.E.D.			
			7:30 PiYo			
19	20	21	22	23	24	25
	9:30 Zumba			9:15am RIP		
	6-6:30 Hit the Mat	6 Suspension	9:30 Zumba Toning	5:30 Suspension	5:30 Ultimate Core	9 RIP
	6:30 RIP	7 Zumba Toning	5:45 Cycling	6:30 Fire	6 Spin Fusion	10:15 Piloxing
	7:45 Flow Yoga		6:30 R.I.P.P.E.D.			
			7:30 PiYo			
26	27	28	29	30		
	9:30 Zumba			9:15am RIP		
	6-6:30 Hit the Mat	6 Suspension	9:30 Zumba Toning	5:30 Suspension	CLOSED Trick or Treat	
	6:30 RIP	7 Zumba Toning	5:45 Cycling	6:30 Fire		
	7:45 Flow Yoga		6:30 R.I.P.P.E.D.			
			7:30 PiYo			



PRICES
\$8 Per Class
10 Class Pass \$60
Unlimited Month \$45 for all classes
Kinesiotaping \$10



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