



August 2012

www.StudioFitHouston.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6:00PM - Zumba Kate 7:15PM - Hip Hop Sasha	2 6:00PM - TurboKick Jennifer 6:45PM - PiYo Strength* Jennifer 7:30PM - Zumba Hayley	3 <u>7:00PM - Masala Bhangra Special Event Ashley</u>	4 9:30AM - Zumba Kate
5 6:30PM - Zumba Jackie	6 6:00PM - Zumba Caitlin 7:15 - Hip Hop <u>Sasha</u>	7 6:30PM - Zumba Kate and Caitlin	8 6:00PM - Zumba Kate 7:15PM - Hip Hop Sasha	9 6:00PM - TurboKick Jennifer 6:45PM - PiYo Strength* Jennifer 7:30PM - Zumba Hayley	10	11 9:30AM - Zumba Kate
12 6:30PM - Zumba Jackie	13 6:00PM - Zumba <u>Kate</u> 7:15 - Hip Hop Sabrina	14 6:30PM - Zumba Kate and <u>Erin</u>	15 6:00PM - Zumba Kate 7:15PM - Hip Hop Sasha	16 6:00PM - TurboKick Jennifer 6:45PM - PiYo Strength* Jennifer 7:30PM - Zumba <u>Jackie</u>	17	18 9:30AM - Zumba <u>Caitlin</u>
19 6:30PM - Zumba Jackie	20 6:00PM - Zumba Caitlin 7:15 - Hip Hop Sabrina	21 6:30PM - Zumba Kate and Caitlin	22 6:00PM - Zumba Kate 7:15PM - Hip Hop Sasha	23 7:30PM - Zumba <u>Jackie</u>	24	25 9:30AM - Zumba Kate
26 6:30PM - Zumba Jackie	27 6:00PM - Zumba Caitlin 7:15 - Hip Hop Sabrina	28 6:30PM - Zumba Kate and Caitlin	29 6:00PM - Zumba Kate 7:15PM - Hip Hop Sasha	30 6:00PM - TurboKick Jennifer 6:45PM - PiYo Strength* Jennifer 7:30PM - Zumba <u>Erin</u>	31	

* Bringing your own yoga mat is strongly suggested

** All classes are 45-60 minutes long unless notated differently (Zumba and Hip Hop are 60 Minutes/ TurboKick and PiYo Strength are 45 Minutes)

*** Classes are subject to be changed, cancelled, or taught by a different instructor

Subs are underlined

*There is NO TurboKick or PiYo Strength on Thursday, August 23rd

