



AUGUST 2018



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Vibe Fit Studio 9101 Allen Rd, Allen Park, MI vibefitstudio@gmail.com Susan: 734 658-6232 Christy: 734 497-7455 detroitvibetribe.com		Drop in and join us anytime! Regular Classes \$8 drop-in; 5 classes for \$35; 10 classes for \$70 30 Min Classes \$5 drop-in; 5 for \$25; 10 for \$45 Zumba Kids 5 week session \$40; \$10 drop-in 30 Day Unlimited Classes \$115		2 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	3 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	4 8:15am PiYo Christy 9:30 am CARDIO VIBE Susan 10:30 am Bootcamp Susan
5	6 10 am Bootcamp Cindy 5:30pm Sculpt Susan 6:15 pm Zumba Christy/Susan 7:30pm PiYo Christy	7 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon	8 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	9 6:15 pm Zumba Cindy 7:30 pm PiYo Christy	10 5:30 pm 30 Min Sculpt Christy 6:15 pm Zumba Christy	11 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy 10:30 am Bootcamp Cindy
12	13 10 am Bootcamp Cindy 5:30pm Sculpt Susan 6:15 pm Zumba Susan 7:30pm PiYo Christy	14 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon	15 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	16 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	17 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	18 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy
19	20 10 am Bootcamp Cindy 5:30pm Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	21 5:00pm BARRE Karrie 6:15 pm Zumba Cindy 7:30 pm DanceX Damon	22 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	23 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	24 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	25 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am Bootcamp Cindy
26	27 10 am Bootcamp Cindy 5:30pm Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30pm PiYo Christy	28 5:00pm BARRE Karrie 6:15 pm Zumba Cindy/Susan 7:30 pm DanceX Damon	29 5:30 pm Slow Flow Yoga Charis 7:00 pm Bootcamp Cindy	30 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy	31 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan	NO CLASSES Arts Beats & Eats Zumbathon 10:00-11:30 am

Zumba– Latin-inspired dance fitness, 60 min
CARDIO VIBE- Intense cardio kickboxing and aerobics, 60 min
DanceX- DanceXperience Hip Hop/Dance cardio, 60 min
Bootcamp – Total body workout with weights, 60 min
PiYo – Pilates and Yoga mix total body workout, 60min
30 Min Sculpt - 30min workout with weights and stability balls
Slow Flow Yoga– Foundational Yoga to build strength & flexibility
BARRE above™ – Pilates/Aerobics/Yoga fusion
Zumba Kids/Kids Jr –Zumba for kids ages, 4-11