



JUNE 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 \$10 drop-in, 4 week session \$32 30 Day Unlimited Classes \$115			* What's New* Zumba Kids Thurs 5:00 pm Barre Above Tues 5:00 pm New Wed Schedule 5:30 pm Yoga, 7:00 pm Bootcamp		1 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	2 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy 10:30 am BOOTCAMP Cindy
3	4 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	5 5:00pm BARRE above Karrie 6:15 pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	6 ** NEW SCHED ** 5:30 pm Slow Flow Yoga Charis 7:00 pm BOOTCAMP Cindy	7 5:00 pm ZUMBA Kids Jade 6:15 pm ZUMBA Cindy 7:30 pm PiYo Christy	8 5:30 pm 30 Min Sculpt Christy 6:15 pm ZUMBA Christy	9 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy 10:30 am BOOTCAMP Cindy		
10	11 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	12 5:00pm BARRE above Karrie 6:15 pm ZUMBA Cindy 7:30 pm DanceX Damon	13 5:30 pm Slow Flow Yoga Charis 7:00 pm BOOTCAMP Cindy	14 5:00 pm ZUMBA Kids Jade 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	15 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	16 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy		
17	18 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	19 5:00pm BARRE above Karrie 6:15 pm ZUMBA Cindy 7:30 pm DanceX Damon	20 5:30 pm Slow Flow Yoga Charis 7:00 pm BOOTCAMP Cindy	21 5:00 pm ZUMBA Kids Jade 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	22 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	23 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy		
24	25 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	26 5:00pm BARRE above Karrie 6:15 pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	27 5:30 pm Slow Flow Yoga Charis 7:00 pm BOOTCAMP Cindy	28 5:00 pm Zumba Kids Jade 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	29 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	30 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy		

ZUMBA– Latin-inspired dance fitness, 60 min

CARDIO VIBE- Cardio kickboxing and dance, 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