



JUNE 2019



Vibe Fit Studio
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 detroitvibetribe.com

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>Zumba –“BIP vs. Everybody” – June 4, June 6, drop in \$8 Zumba Masterclass with BIP – Sunday, June 9, Cincinnati, OH, BIP Live in Concert! Zumba Kids PJ Party – Saturday, June 15, 12:00 pm, \$10 NEW time Vinyasa Yoga – Mondays 7:30 pm drop-in \$8 NEW time BARRE™ above –Wednesdays 5:30 pm drop-in \$8 *NEW time* Bootcamp–Wednesdays 7:00 pm drop-in \$8</p>			<p>60 Minute Classes \$8 drop-in; 5 classes for \$38; 10 classes for \$70 30 Minute Classes \$5 drop-in; 5 for \$25; 10 for \$45 30 Day Unlimited Classes \$115 7 Day Unlimited Classes \$33</p>			<p>1 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy</p>
2	<p>3 5:30 pm 30 Min Sculpt Susan 6:15 pm Triple Threat Zumba Susan/Christy/Cindy 7:30pm Vinyasa Yoga Charis</p>	<p>4 “BIP vs. Everybody” 6:15 pm Zumba Cindy/Susan 7:45 pm Slow Restore Yoga Charis</p>	<p>5 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy</p>	<p>6 “BIP vs. Everybody” 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</p>	<p>7 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p>	<p>8 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy</p>	
<p>9 Zumba Masterclass with BIP in Cincinnati</p>	<p>10 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30 pm Vinyasa Yoga Charis</p>	<p>11 6:15pm Zumba Cindy 7:45 pm Slow Restore Yoga Charis</p>	<p>12 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy</p>	<p>13 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</p>	<p>14 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p>	<p>15 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy 12:00 pm * Zumba Kids PJ Party * Jade</p>	
16	<p>17 5:30 pm 30 Min Sculpt Christy 6:15 pm Zumba Christy 7:30 pm Vinyasa Yoga Charis</p>	<p>18 6:15pm Zumba Cindy 7:45 pm Slow Restore Yoga Charis</p>	<p>19 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy</p>	<p>20 6:15 pm Zumba Cindy 7:30 pm PiYo Christy</p>	<p>21 5:30 pm 30 Min Sculpt Christy 6:15 pm Zumba Christy</p>	<p>22 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy</p>	
<p>23 The Power of Essential Oils * FREE * 3-4 pm</p>	<p>24 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan/Christy 7:30 pm Vinyasa Yoga Charis</p>	<p>25 6:15pm Zumba Cindy/Susan 7:45 pm Slow Restore Yoga Charis</p>	<p>26 5:30 pm BARRE above Karrie 7:00 pm Bootcamp Cindy</p>	<p>27 6:15 pm Zumba Cindy/Christy 7:30 pm PiYo Christy</p>	<p>28 5:30 pm 30 Min Sculpt Susan 6:15 pm Zumba Susan</p>	<p>29 8:15 am PiYo Christy 9:30 am Cardio Vibe Cindy/Susan 10:30 am Bootcamp Cindy</p>	

Zumba– Latin-inspired dance fitness, 60 min **Cardio Vibe** –Advanced 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** – Total body workout with weights, bands and stability balls
BARRE™ above –Pilates/Aerobics/Yoga fusion **Zumba Kids** – Zumba ages 4-11 **Vinyasa Yoga** – Intermediate level yoga to build strength & flexibility, 60 min
Slow Restore Yoga–Foundational yoga to build strength & flexibility ending with restorative postures for deep mind/body relaxation, 60 min