



MARCH 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		Regular classes \$8 drop-in 5 classes: \$35; 10 classes: \$70 30 Min Classes \$5 drop-in; 5 for \$25; 10 for \$45 30 Day Unlimited Classes \$115		1 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	2 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	3 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy
4 5:30 pm BARRE above™ Karrie 5 week session \$40 Feb 25- Mar 25 Drop-in \$10	5 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	6 6:15pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	7 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	8 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	9 5:30 pm Sculpt Susan 6:15 pm ZUMBA Susan	10 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy
11 5:30 pm BARRE above™ Karrie 5 week session \$40 Feb 25- Mar 25 Drop-in \$10	12 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	13 6:15pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	14 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	15 6:15 pm ZUMBA Cindy 7:30 pm PiYo Karrie	16 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	17 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy
18 5:30 pm BARRE above™ Karrie 5 week session \$40 Feb 25- Mar 25 Drop-in \$10	19 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	20 6:15pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	21 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	22 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	23 5:30 pm 30 Min Sculpt Christy 6:15 pm ZUMBA Christy	24 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy 10:30 am BOOTCAMP Cindy
25 5:30 pm BARRE above™ Karrie 5 week session \$40 Feb 25- Mar 25 Drop-in \$10	26 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	27 6:15pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	28 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	29 6:15 pm ZUMBA Cindy 7:30 pm PiYo Christy	30 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	31 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