



MAY 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		1 6:15 pm ZUMBA Cindy 7:30 pm DanceX Damon	2 5:30 pm 30 Min Sculpt Christy 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	3 6:15 pm ZUMBA Cindy 7:30 pm PiYo Christy	4 5:30 pm 30 Min Sculpt Christy 6:15 pm ZUMBA Christy	5 8:15am *CINCO de PiYo* Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy 1:00 pm Zumba Kids Jade
6	7 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	8 6:15 pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	9 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	10 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	11 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	12 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy 1:00 pm Zumba Kids Jade
13	14 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan/Christy 7:30pm PiYo Christy	15 6:15 pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	16 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	17 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	18 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	19 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy
20	21 5:30pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan 7:30pm PiYo Christy	22 6:15 pm ZUMBA Cindy 7:30 pm DanceX Damon	23 5:30 pm 30 Min Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	24 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	25 5:30 pm 30 Min Sculpt Susan 6:15 pm ZUMBA Susan	26 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy
27	28 * MEMORIAL DAY * MORNING ZUMBA 9:30 am Susan/Christy/Cindy	29 5:00pm BARRE above Karrie 6:15 pm ZUMBA Cindy/Susan 7:30 pm DanceX Damon	30 5:30 pm 30 Sculpt Susan 6:15 pm Slow Flow Yoga Charis 7:30 pm BOOTCAMP Cindy	31 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	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 30 Day Unlimited Classes \$115	

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