



SEPTEMBER 2017

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		All classes \$8 drop-in 5 classes: \$35; 10 classes: \$70 Unlimited Classes for 30 days: \$115 Zumba Kids/Kids Jr. 5 week session \$38; \$10 drop-in 30 Min SCULPT 5 classes \$20; \$5 drop-in	SPECIAL EVENTS Arts, Beats & Eats Zumbathon Sat Sept 2, 10:00am, \$7 Zumba Kids/Kids Jr. Kickoff Party Sat, Sept 23, 5:00pm, \$8 Vibe Fit 1 Year Anniversary Masterclass Fri, Sept 29, 6:30pm, \$12; \$15 door		1 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	2 NO CLASSES Arts, Beats & Eats Zumbathon Event 10:00-11:30am
3	4 *Labor Day ZUMBA 9:30-10:30am Susan/Christy/Cindy	5 6:15pm ZUMBA Cindy 7:30pm PiYo Christy	6 5:00 pm YOGA Charis 6:15 pm CARDIO VIBE Cindy/Susan 7:30 pm BOOTCAMP Cindy	7 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	8 5:30 pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan	9 8:15 am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy
10	11 10:00 am BOOTCAMP Cindy 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan 7:30 pm DanceX Damon	12 6:15pm ZUMBA Cindy/Susan 7:30pm PiYo Christy	13 5:00 pm YOGA Charis 6:15 pm CARDIO VIBE Susan/Cindy 7:30 pm BOOTCAMP Cindy	14 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 10:00 am BOOTCAMP Cindy 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	19 6:15pm ZUMBA Cindy/Susan 7:30pm PiYo Christy	20 5:00 pm YOGA Charis 6:15 pm CARDIO VIBE Cindy/Susan 7:30 pm BOOTCAMP Cindy	21 6:15 pm ZUMBA Cindy 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 5:00pm Zumba Kids Party Jade
24	25 10:00 am BOOTCAMP Cindy 5:30pm 30 Min SCULPT Susan 6:15 pm ZUMBA Susan/Christy 7:30 pm DanceX Damon	26 6:15 pm ZUMBA Cindy/Susan 7:30pm PiYo Christy	27 5:00 pm YOGA Charis 6:15 pm CARDIO VIBE Cindy/Susan 7:30 pm BOOTCAMP Cindy	28 6:15 pm ZUMBA Cindy/Christy 7:30 pm PiYo Christy	29 5:30 pm 30 Min SCULPT Susan *Vibe Fit 1 Year Anniversary ZUMBA Masterclass 6:30-8:00 pm	30 8:15am PiYo Christy 9:30 am CARDIO VIBE Cindy/Susan 10:30 am BOOTCAMP Cindy 12:00pm ZUMBA Kids Jr Jade 1:00 pm Zumba Kids Jade

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

Zumba Kids/Kids Jr -Zumba for kids ages, 7-11. 4-6