


Sun	Mon	Tue	Wed	Thu	Fri	Sat		
 <p>www.dewittfitnessstudio.com lindaparkinsongray@gmail.com 517-256-8791 Try your first week free!</p>		1 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Hot Yoga	2 5:15 Spin45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Pound 7:00 Strength45 - CANCELLED	3 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace \$10	4 5:15 Spin45 – CANCELLED 8:30 Dance Mixx SHiNE DEMO CLASS @ 7PM	5 SHiNE DEMO CLASS @ 9:30AM SHiNE INSTRUCTOR TRAINING 10:30AM-6:00PM		
		6 8:45 Dance Mixx 9:45 Stretch Mixx	7 5:15 HIIT45 8:30 SHiNE 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Spin45***	8 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Hot Yoga	9 5:15 PIYO45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	10 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace \$10	11 5:15 Spin45 – CANCELLED 8:30 Dance Mixx	12 8:15 Fusion 9:15 Fusion 10:15 Zumba
		13 8:45 Dance Mixx 9:45 Stretch Mixx 6:00 Yoga Peace \$10	14 5:15 HIIT45 8:30 SHiNE 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Spin45 - CANCELLED	15 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace - CANCELLED 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Hot Yoga	16 5:15 PIYO45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Pound 7:00 Strength45	17 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace \$10	18 5:15 Spin45 – CANCELLED 8:30 Dance Mixx	19 8:15 Fusion 9:15 Fusion
		20 8:45 Dance Mixx	21 5:15 HIIT45 8:30 SHiNE 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Spin45***	22 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Strength30	23 5:15 PIYO45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Strength45	24 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace - CANCELLED	25 5:15 Spin45 – CANCELLED 8:30 Dance Mixx	26 8:15 Fusion 9:15 Fusion 10:15 Zumba
		27 8:45 Dance Mixx 6:00 Yoga Peace \$10	28 5:15 HIIT45 8:30 SHiNE 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Spin45***	29 5:15 Sculpt45 8:30 Dance Mixx 9:30 Yoga Peace \$10 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 SHiNE 7:00 Hot Yoga	30 5:15 PIYO45 8:30 Dance Mixx 4:45 Dance Mixx 6:00 Pound 7:00 Strength45	31 5:15 HIIT45 8:30 Dance Mixx 9:30 Strength30 3:00 Lo 4:00 Strength30 4:45 Dance Mixx 6:00 Dance Mixx 7:00 Yoga Peace \$10	<ul style="list-style-type: none"> ***Space is limited. Reserve your spot by sending a DM to @DeWittFitnessStudio on Facebook! For info on class offerings at the Conquest Fitness Bath location, please visit www.conquest-fitness.com. Please note additional fees for Yoga Peace (DeWitt) and Mind Body Symmetry (Bath) classes. For up-to-date information on class cancellations, please follow @DeWittFitnessStudio on Facebook. Class formats are subject to change without notice. 	