



Fall 2009 Schedule
Starts January 4 2010

Please call 314.863.4803 to reserve your spot
www.FitSexyBody.com

Group X Schedule

Monday:

5:15 pm ~ Fit Chicks (Kirsten)
6:15 pm ~ Cardio StripFit and Pole dancing (Lisa)
7:15 pm ~ Cardio StripFit and Extended Pole (Lisa)

Tuesday:

5:30 pm ~ Pilates (Shannon)
6:00 pm ~ Cardio Ballet (Kat) Studio B
6:15 pm ~ Cardio StripFit and Pole Dancing (Shannon)
7:15 pm ~ LapDance (Kat)

Wednesday:

5:15 pm ~ Fit Chicks (Kirsten)
6:00 pm ~ Hottie Body boxing (Kirsten) Studio B
6:15 pm ~ Cardio StripFit and Pole Dancing (Kayla)
7:15 pm ~ Chair StripFit (Kayla)

Thursday:

5:30 pm ~ Zumba (Kayla)
6:15 pm ~ Cardio StripFit and Pole Dancing (LaShell)
7:15 pm ~ Hip Hop (Christy)

Saturday:

9:00 am ~ Hottie Body Boxing (Boni and Kirsten)
10:00 am Cardio Strip Fit and Pole Dancing (Jessie)
11:00 am ~ Lap Dance (Kat)
12:00 pm ~ Cardio Ballet (Kat)

Group X Only Rates:

\$59 /month

Personal Training

Monday:

5:45 am ~ (Kirsten)
9:30 am ~ (Boni)
6:00 pm ~ (Kirsten)

Tuesday:

9:30 am ~ (Kirsten)
5:45 pm ~ (Boni)

Wednesday:

5:45 am ~ (Kirsten)
9:30 am ~ (Boni)
6:00 pm ~ Kettlebell w Stephanie

Thursday:

9:30 am ~ (Kirsten)
5:45 pm ~ (Kirsten)

Friday:

5:45 am ~ (Kirsten)
9:30 am ~ Kettlebell w Stephanie

P.T Groups and Group X

\$249/ month

The Fitness Studio ~ 7642 Forsyth Blvd. Clayton, Mo 63105