

STUDIO D SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM		OB Fit Sweat Sisters Muscle Up Monday Toning	OB Fit Sweat Sisters Tummy Tuck Tuesday Abs	OB Fit Sweat Sisters Wacky Wednesday Circuit	OB Fit Sweat Sisters Turbo Thursday Step Cardio	OB Fit Sweat Sisters Fantastic Friday Wild Card	
6:00 AM			OB Fit Camp 8		OB Fit Camp 8		OB Fit Camp 8
7:00 AM		OB Fit Private		OB Fit Private		OB Fit Private	
8:00 AM		OB Fit Cardio Express		OB Fit Cardio Express		OB Fit Cardio Express	
9:00 AM							
10:00 AM			OB Fit Private		OB Fit Private		
11:00 AM		OB Fit Private	OB Fit Private	OB Fit Private	OB Fit Private		11:30 AM Ballet Fitness
12:00 PM							
1:00 PM	Latin Dance Private						
2:00 PM	Latin Dance Private		2:30 PM OB Fit Private		2:30 PM OB Fit Private		
3:00 PM	Salsa Level 1						
4:00 PM	Salsa Level 2						
5:00 PM	Salsa Practice Hour		Latin Dance Private	Latin Dance Private	Latin Dance Private		
6:00 PM	Bachata Footwork and Parterwork	6:30 PM Cha Cha Cha Footwork and Parterwork	Road to Iconic Group Fitness	6:30 PM Zumba Twerk Out	Road to Iconic Group Fitness	Road to Iconic Group Fitness	
7:00 PM	Tallahassee Touch Rehearsals	Cha Cha Cha Footwork and Parterwork	Master Hip Hop		Modern Dance (starts August 31)		
8:00 PM	Tallahassee Touch Rehearsals	Tallahassee Salsa Dancers Rehearsals	TSD Ladies Bachata Rehearsals		Bachata Partnerwork		
9:00 PM	Tallahassee Touch Rehearsals	Tallahassee Salsa Dancers Rehearsals	9:45 PM Tallahassee Bachata Dancers Rehearsals		9:30 PM Bachata Fever		
10:00 PM			Tallahassee Bachata Dancers Rehearsals		Bachata Fever		
11:00 PM					Bachata Fever		