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Studio 8 Fitness

Donna Tomassi 248-321-6324

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www.studio8fitnessmi.com

Monday

6:00am - Spinning with Donna (req spin pass/pre booking)

9:00am - Zumba with Jenna

10:15am - Slow Flow Yoga w/Caitlyn

5:30pm - Cardio Tone Express with Donna

6:15pm - Bokwa Express with Donna

6:30pm - Run/walk club - At Waterford Oaks

6:30 - INTRO to Spinning w/Olivia (spin pass and pre booking)
(45min)

7:00pm - Strength And Kickboxing with Carrie (75 min)

8:30pm - Gentle Yoga with Ginger (45min)

Tuesday

6:00am - Spinning with Lisa (requires spin pass/ pre booking)

9:00am - Zumba with Donna

10:15am - Gentle Yoga with Donna

11:30am - Spinning with Donna (requires spin pass and pre booking)

5:30pm - POUND Express with Donna

6:15pm - Strength Flow Yoga with Lisa

7:30pm - Barre Fusion with Lisa

Wednesday

6:00am - Spinning w/Lisa (requires spin pass/pre booking)

6:00am - Sunrise Vinyasa Yoga w/Ginger (more energetic moves and music!) (45min)

(Incd. In membership but Requires pre-booking on the app)

9:00am - Slow flow yoga with Caitlyn

10:15 - Cardio, Strength and Recovery with Dana (90 min)

4:45pm - Zumba Tone Express with Donna

5:30pm - Barre Express with Donna

6:15pm - Strength and Core with Donna

7:30pm - Zumba with Donna

8:45pm - POUND with Jamie (30 min)

Thursday

6:00am - Spinning with Donna (req spin pass/pre booking)

9:00am - Strength and Core with Donna

10:15am - Zumba Tone with Donna

5:30pm - Yoga Tone Express with Katie

6:15pm - Barre with Lisa

6:30pm - Run/Walk Club meets at Waterford Oaks Park

7:30pm - Zumba with Lisa

7:30pm - Spinning with Olivia (requires spin pass and pre booking)

8:45pm - Yoga Express with Katie (30 min)

Friday

6:00am - Spinning with Anthony (requires spin pass and pre booking)

9:00am - Yoga with Una

10:10am - Zumba with Donna

COMING SOON (October)

2 Evening Classes!

Saturday

8:00am - Rise and Shine Yoga with Glenda (45 min)

9:00am - Run/Walk Club meets at Waterford Oaks

9:00am - Zumba with Donna

10:15am - 90 min Barre Intensity with Lisa

12:00pm - Zumba with Donna

12:00pm - Spinning with Lisa

(requires a spin pass and pre booking)

Sunday

8:00am - Meditation with Ginger (45min)

9:00am - Rise and Shine Yoga with Lisa

10:15am Spinning with Olivia

(requires spin pass and Pre booking)

10:15am - 1/2 & 1/2 - Barre and Zumba Tone w/Lisa

(come for one or the other or do both)

6:15pm - Family Yoga w/ Mari Ann (45 min)

7:30pm - Zumba w/ Jenna (1hr)