



# WINTER EVENTS

## SIP & SHOP

FRI, DEC 15 5-8PM

## NYE EMPOWERMENT

## WORKSHOP & SOUND BATH

SUN, DEC 31 9-11AM

## PARTNER SWING DANCING

FRI, JAN 12 5-8PM

## JANUARY SOUND BATH

SUN, JAN 21ST 14 4PM

## GALENTINES BARRE & BRUNCH

SAT, FEB 10 9AM

## MORE EVENTS TBA

## JANUARY 2024

SCAN FOR MORE INFO & CLASS  
RESERVATIONS

@STUDIOFITTD

541-769-0833



# DECEMBER CLASSES '23

## MONDAY

8:30AM MAT PILATES  
5:30PM STRENGTH  
6:30PM YOGA TRAPEZE

## TUESDAY

12PM NOON CIRCUIT  
5:30PM **NEW CLASS (COMING JAN)**  
6:30PM DANCE FITNESS

## WEDNESDAY

8:30AM GENTLE YOGA  
5:30PM BARRE  
6:30PM YOGA TRAPEZE

## THURSDAY

12PM NOON CIRCUIT  
5:30PM MAT PILATES  
6:30PM **NEW CLASS (COMING JAN)**

## FRIDAY

8:30AM STRENGTH

## SATURDAY

9AM BARRE

## SUNDAY

10AM YIN YOGA  
4PM 2ND SUN SOUNDBATH