

STUDIO RIO'S

# Twisted FITNESS

TWISTEDFITNESSSTUDIOS.COM 757.650.7474

# April 2017

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Va. Beach, VA 23452  
757.650.7474

Hours:

Mon: 1-830pm Wed: 1-8pm  
Tues 1-830pm  
Thurs: 1-830pm  
Friday: 4pm-8pm  
Saturday: 830am-1pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<b>1</b> 9-10am – Balls to the Wall / Floorplay Both with Raven and Rio 10am – Stripper Stretch With Rio 11am – Poles 1 12pm – Pole Twerk Both with Cream
<b>2</b>	<b>3</b> 6pm – Muscles Please 7pm – Crunch Time Both with Raven  6pm – Poles 3 7pm – Pole Games (Level 1) Both with Leggs	<b>4</b> 6-8pm – Ho Down / Bikini or Bust Both with Raven and Rio  6pm – Poles 1 7pm – Pole Twerk Both with Cream	<b>5</b> 6pm – Hot Seat With Autumn  6pm – Pole Seduction With Cream	<b>6</b> 630pm – Take it to the Rear With Venus 6pm – Bi-Poler With Leggs 730pm – Poles 1 With Venus	<b>7</b> 6pm – African Belly With N'Tice  6pm – Poles 4 With Leggs	<b>8</b> 9am – Take it to the Rear 10am – Absession Both with Venus  11am – Poles 1 With Whisper
<b>9</b>	<b>10</b> 6pm – Outside the Box 7pm - Hard Ass Both with Slayer  6pm – Poles 1 7pm – Pole Ography Both with Whisper	<b>11</b> 6pm – Ho Down 7pm – Stripper Stretch Both with Rio  6pm – Poles 2 7pm – Hell on Heels Both with Cream	<b>12</b> 6pm – Sittin Sexy With Cream  6pm – Poles 3 With Leggs	<b>13</b> 630pm – Take it to the Rear 730pm – Pole Performance (Level 1-2) Both with Venus	<b>14</b> 6pm – Strip Hop With N'Tice  6pm – Bi Poler With Leggs	<b>15</b> 9am – Zumba 10am – Hard Core Both with Slayer 10am – Poles 3 With Leggs 11am – Poles 1 With Cream 12pm – Co Ed Poles With Cream & Leggs
<b>16</b>	<b>17</b> 6-8pm – TRX / Invanity Both with Raven and Slayer  6pm – Poles 4 7pm – Pole Play Both with Leggs	<b>18</b> 6pm – Ho Down 7pm – Floorplay Both with Rio  6pm – Poles 1 7pm – Pole Seduction Both with Cream	<b>19</b> 6pm – 20/20 7pm – Crunch Time Both with Raven  6pm – Pole Twerk With Cream	<b>20</b> 630pm – Take it to the Rear With Venus 6pm – Pole Games (Level 2-3) With Leggs 730pm – Poles 1 With Venus	<b>21</b> 6pm – African Belly With N'Tice  6pm – Poles 3 With Leggs	<b>22</b> 9am – Sweat Appeal 10am – CoreSet Both with Raven  11am – Poles 1 12pm – Pole Control Both with Autumn
<b>23</b>	<b>24</b> 6pm – Outside the Box 7pm - Hard Ass Both with Slayer  6pm – Poles 1 7pm – Pole Ography Both with Whisper	<b>25</b> 6-7pm – Balls to the Wall / Floorplay Both with Raven and Rio 7pm – Stripper Stretch With Rio  6pm – Poles 2 7pm – Hell on Heels Both with Cream	<b>26</b> 6-8pm – Ho Down / Bikini or Bust Both with Raven and Rio  6pm – Poles 1 With Autumn	<b>27</b> 6pm – Hot Seat 7pm – Pole Control Both with Autumn	<b>28</b> 6pm – MixedFit With Sunshine  6pm – Poles 4 With Leggs	<b>29</b> 9am – MixedFit 10am – Booty Blast Both with Sunshine  11am – Poles 1 12pm – Pole Twerk Both with Cream

Important: Check Facebook daily!!!! Classes and times DO change!!!! All changes will be posted!