

STUDIO RIO'S



Twisted FITNESS

TWISTEDFITNESSSTUDIOS.COM 757.650.7474

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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

July 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 9am – Bikini or Bust 10am – Crunch Time Both with Raven 10am – Poles 3 With Leggs 11am – Poles 1 12pm – Pole Twerk Both with Cream
2	3 6:15pm – Rockin' Relay with Rio & Raven 6pm – Inversion Slow Version 7pm – Pole Play Both with Exotica	4 *CLOSED* HAPPY 4th OF JULY!	5 6pm – Zumba 7pm - ABSession Both with Vixxen 6pm – Poles 1 7pm – Poles 2 Both with Cream	6 6pm – Electric Yoga With Hypnotic 6pm – Pole Control With Leggs	7 6pm – TR-X/Invanity With Raven 6pm – Poles 1 With Cream	8 9am – African Belly With N'Tice 1030am – Booty Blast With Cream 11am – Poles 1 12pm – Hell on Heels Both with Cream
9	10 6pm – Zumba 7pm - ABSession Both with Vixxen 6pm – Poles 1 7pm – Pole Ography Both with Whisper	11 6pm – Ho Down 7pm – Stripper Stretch Both with Rio 6pm – Poles 2 7pm – Pole Twerk Both with Cream	12 6-8pm – Ho Down & Muscles Please With Rio and Raven 6pm – Hell on Heels With Cream	13 530pm – Hot Seat With Whisper 630pm – African Belly With N'Tice 6pm – Pole 1 with Exotica	14 6pm – 730pm – PokerFace With Black Widow 6pm – Poles 3 With Leggs	15 9am – TR-X/Invanity with Raven 11am – Poles 1 12pm – Pole Ography Both with Whisper
16	17 6:15pm – Rockin' Relay with Rio & Raven 6pm – Poles 2/3 7pm – Pole Control Both with Leggs	18 6pm – Ho Down 7pm – Stripper Stretch Both with Rio 6pm – Poles 1 7pm – Hell on Heels Both with Cream	19 6pm – Electric Yoga With Hypnotic 6pm – Inversion Slow Version With Exotica	20 6-7pm – Balls to the Wall/Floorplay With Rio and Raven 7pm – Stripper Stretch with Rio 6pm – Poles 1 7pm – Pole Ography Both with Whisper	21 6pm – African Belly With N'Tice 6pm – Pole Control With Leggs	22 9am – African Belly With N'Tice 10am – Hot Seat With Whisper 11am – Poles 1 With Whisper
23	24 6pm – Zumba 7pm - ABSession Both with Vixxen 6pm – Poles 1 7pm – Pole Ography Both with Whisper	25 6-8pm – Ho Down & Muscles Please With Rio and Raven 6pm – Poles 2 7pm – Pole Twerk Both with Cream	26 6pm – F - U 7pm – S&M Both with Exotica 6pm – Hell on Heels With Cream	27 6pm – Fast & Furious 6:30pm – Coreset Both with Raven 6pm – Rock Pole Seduction With Jersey	28 6pm – MixedFit 7pm – Booty Blast Both with Sunshine 6pm – Poles 3 With Exotica	29 9am – MixedFit 10am – Booty Blast Both with Sunshine 10am – Poles 3 With Leggs 11am – Poles 1 12pm – Pole Twerk Both with Cream

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