

STUDIO RIO'S



Twisted FITNESS

TWISTEDFITNESSSTUDIOS.COM 757.650.7474

August 2017

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Va. Beach, VA 23452
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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
	31	1	2	3	4	5
	<p>Hahaha!! I totally forgot about this day being a thing.</p> <p>6pm - Dirty Whine With Secret 6pm - Bi-Poler With Leggs</p>	<p>6-8pm - Ho Down & Muscles Please With Rio & Raven</p> <p>6pm - Poles 1 7pm - Pole Twerk Both with Cream</p>	<p>615pm - Rockin' Relay With Rio & Raven</p> <p>6pm - Hell on Heels With Cream</p>	<p>6pm - Electric yoga With Hypnotic 7pm - FU With Exotica 6pm - Inversion Slow Version With Exotica 7pm - Floor Seduction With Secret</p>	<p>6pm - Zumba 7pm - Absession Both with Vixxen</p> <p>6pm - Pole Control With Leggs</p>	<p>9am - Africian Belly 10 am - Strip Hop Both with N'Tice</p> <p>11am - Poles 1 12pm - Pole Twerk Both with Cream</p>
6	7	8	9	10	11	12
	<p>6pm - Electric Yoga With Hypnotic 7pm - Hippy Chix With Fusion 6pm - Poles 1 7pm - Hell On Heels Both with Cream</p>	<p>6pm - Ho Down 7pm - Stripper Stretch Both with Rio</p> <p>6pm - Poles 2/3 7pm - Pole Play Both with Leggs</p>	<p>6pm - FU With Exotica</p> <p>6pm - Pole Control With Leggs</p>	<p>6pm - 730pm - PokerFace With Black Widow</p> <p>6pm - Pole Seduction Rock Style With Jersey</p>	<p>6pm-7:30pm - Video Vamp With N'Tice</p> <p>6pm - Poles 3 With Leggs</p>	<p>9am - FU 10am - S&M 11am - Poles 1 12pm - Pole Play All with Exotica</p>
13	14	15	16	17	18	19
	<p>615pm - Rockin' Relay With Rio & Raven</p> <p>6pm - Bi-Poler 7pm - Pole Play Both with Leggs</p>	<p>6pm - Ho Down 7pm - Stripper Stretch Both with Rio</p> <p>6pm - Poles 1 7pm - Pole Twerk Both with Cream</p>	<p>6pm - FU 7pm - S&M Both with Exotica</p> <p>6pm - Hell on Heels With Cream</p>	<p>6pm - Electric Yoga With Hypnotic</p> <p>6pm - Poles 3 with Leggs</p>	<p>6pm - Hippy Chix With Fusion 6pm - Poles 1 With Exotica</p>	<p>9am - Bikini or Bust 10am - Crunch Time Both with Raven</p> <p>11am - Poles 1 12pm - Poles 2/3 Both with Leggs</p>
20	21	22	23	24	25	26
	<p>6pm - Zumba 7pm - ABSession Both with Vixxen</p> <p>6pm - 8pm Pole Games POTLUCK With Leggs</p>	<p>6-7pm - Balls to the Wall & Floorplay With Raven and Rio 7pm - Stripper Stretch With Rio</p> <p>6pm - Poles 2 7pm - Hell On Heels Both with Cream</p>	<p>6pm - Dirty Whine With Secret</p> <p>6pm - Poles 3 With Leggs 7pm - Floor Seduction With Secret</p>	<p>6pm - 8pm Trying Twisted With Rio & Raven</p> <p>6pm - Pole Seduction Rock Style With Jersey</p>	<p>6pm - 8pm Routine of the Month Alcoholin Ass With Rio ** Please see front desk for details! **</p> <p>6pm - Poles 3 With Exotica</p>	<p>9am-10:30am - Video Vamp With N'Tice</p> <p>11am - Poles 1 12pm - Pole Twerk Both With Cream</p>
27	28	29	30	31		
	<p>6pm - Sweat Appeal 7pm - CoreSet Both with Raven</p> <p>6pm - Poles 1 7pm - Pole Ography Both with Exotica</p>	<p>6-8pm - Ho Down & Muscles Please With Rio & Raven</p> <p>6pm - Poles 2 7pm - Pole Twerk Both with Cream</p>	<p>6pm - African Belly With N'Tice</p> <p>6pm - Hell on Heels With Cream</p>	<p>6pm - Electric Yoga With Hypnotic</p> <p>6pm - Poles 3 with Leggs</p>		

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