

STUDIO RIO'S

Twisted FITNESS

TWISTEDFITNESSSTUDIOS.COM 757.650.7474

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October 2020

Monday – Thursday: 5pm – 8:30pm
Friday: 5pm – 8pm
Saturday: 10:00am – 1:30pm
Sunday: Closed

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>*Class Legend* RED = Pole classes (In-Studio) GREEN = In-Studio Fitness classes BLUE = Zoom Online Fitness classes</p>	<p>*Reminders* ~Masks are required to enter the building & in all common areas. ~Bring your own mats, spray bottles & rags. ~If you're not feeling well, please cancel class.</p>	<p>~Zoom links can be found on our daily FB posts in the comments section. ~Make sure to follow us on FB and keep yourself updated on what's going on.</p>	<p>1 6pm – Blurred Lines 7:15pm – ABSession 7:45pm – Booty Blast with Cream 6pm – Pole Control with GYPSY 7:15pm – Inversion Slow Version with Exotica</p>	<p>2 6pm – 80's Ladies with Panther 6pm – Polerina with Legs</p>	<p>3 10am – Take it to the Rear 11:15am – Hard Core with Slayer 11am – Poles 1 12:15pm – Pole Twerk with Cream</p>
4	<p>5 6pm – FU 7:15pm – Oh Split with Exotica 6pm – Pole Control with GYPSY 7:15pm – Open Poles</p>	<p>6 6pm – 8pm – Ho Down and Muscles Please with Rio and Raven 6pm – Poles 1 7:15pm – Poles 4 with Exotica</p>	<p>7 6pm – Blue Jeans or Bust 7:15pm – Crunch Time with Raven 6pm – Pole Ography 7:15pm – Inversion Slow Version with Elodie</p>	<p>8 6pm – Hey 19' 7:15pm – Oh Split with Rio 6pm – Poles 2 7:15pm – Hell On Heels with Cream</p>	<p>9 6pm – 80's Ladies with Panther 6pm – Pole Twerk with Cream</p>	<p>10 10am – Outside the Box 11:15am – Hard A\$\$ with Slayer 11am – Poles 1 12:15pm – Pole Play with Cream</p>
11	<p>12 6pm – Blurred Lines 7:15pm – ABSession 7:45pm – Booty Blast with Cream 6pm – Pole Fusion with GYPSY 7:15pm – Open Poles</p>	<p>13 6pm – Ho Down 7:15pm Oh Split with Rio 6pm – Poles 1 7:15pm – Poles 2 with Cream</p>	<p>14 6pm – 20/20 7:15pm – Core Set with Raven 6pm – Pole Ography 7:15pm – Poles 3 with Elodie</p>	<p>15 6pm – FU 7:15pm – Oh Split with Exotica 6pm – Pole Twerk 7:15pm – Hell On Heels with Cream</p>	<p>16 6pm – 80's Ladies with Panther 6pm – Polerina with Legs</p>	<p>17 10am – Take it to the Rear 11:15am – Hard Core with Slayer 11am – Poles 1 12:15pm – Poles 2 with Cream</p>
18	<p>19 6pm – FU 7:15pm – Oh Split with Exotica 6pm – Poles 1 7:15pm – Poles 2 with Cream</p>	<p>20 6pm – 8pm – Ho Down and Muscles Please with Rio and Raven 6pm – Poles 1 7:15pm – Hell On Heels with Cream</p>	<p>21 6pm – Blue Jeans or Bust 7:15pm – Crunch Time with Raven 6pm – Pole Control with GYPSY 7:15pm – Inversion Slow Version with Elodie</p>	<p>22 6pm – Blurred Lines 7:15pm – ABSession 7:45pm – Booty Blast with Cream 6pm – Pole Ography 7:15pm – Poles 4 with Exotica</p>	<p>23 6pm – 80's Ladies with Panther 6pm – Pole Twerk with Cream</p>	<p>24 10am – Outside the Box 11:15am – Hard A\$\$ with Slayer 11am – Poles 1 12:15pm – COED Poles with Cream</p>
25	<p>26 6pm – ABSession 6:45pm – Booty Blast with Cream 6pm – Pole Control with GYPSY 7:15pm – Poles 3 with Exotica</p>	<p>27 6pm – Ho Down 7:15pm Oh Split with Rio 6pm – Poles 1 7:15pm – Pole Twerk with Cream</p>	<p>28 6pm – 20/20 7:15pm – Core Set with Raven 6pm – Pole Fusion with GYPSY 7:15pm – Pole Ography with Elodie</p>	<p>29 6pm – 8pm – Vintage Video Vamp (Learning Michael Jackson's Thriller) with Panther *must stay the entire 2 hours* 6pm – Poles 1 7:15pm – Poles 2 with Cream</p>	<p>30 6pm – 80's Ladies with Panther 6pm – Polerina with Legs</p>	<p>31 BOO!!! Happy Halloween 10am – Take it to the Rear 11:15am – Hard Core with Slayer 11am – Poles 1 12:15pm – Hell On Heels with Cream</p>