

# SOUTHERN MISS GROUP EX SCHEDULE

JULY 29 - AUGUST 2

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SUNDAY**

## MAGNOLIA STUDIO

6:30-7:20 AM	EAGLE STRONG		EAGLE STRONG		EAGLE STRONG
9:00-10:00 AM		SSB		SSB	
12:10-12:50 PM	YOGA		YOGA		YOGA
1:30-2:20 PM					
4:30-5:20 PM					
5:30-6:20 PM	TURBO KICK	BUTTS & GUTS	HIP HOP	BUTTS & GUTS	
6:30-7:20 PM					

## DOGWOOD STUDIO

4:30-5:20 PM  
5:30-6:20 PM  
6:30-7:20 PM

## SPIN STUDIO

6:30-7:20AM  
1:30-2:30 PM  
5:30-6:00 PM  
6:15-7:15 PM

CYCLE - KAYTLIN

CYCLE - PAYTON

## NATATORIUM POOL

9:00-9:50 AM	AQUA FUSION		AQUA FUSION		AQUA FUSION
4:00-4:50 PM					
5:30-6:30 PM					

\*ALL CLASSES ARE FREE

FOR SCHEDULE UPDATES, VISIT OUR FACEBOOK PAGE @SOUTHERNMISSFITNESS

