



*Sam's Personal Studio*

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 4307 N. 10th St STE E, McAllen

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**SATURDAY**

|  |                                     |  |                                     |  |
|--|-------------------------------------|--|-------------------------------------|--|
|  | <b>8:30 AM<br/>Pole Fitness I</b>   |  | <b>8:30 AM<br/>Pole Fitness I</b>   |  |
|  |                                     |  |                                     |  |
|  |                                     |  |                                     |  |
| <b>6:00 PM<br/>Pole Fitness I</b>        | <b>6:00 PM<br/>Shred</b>            | <b>6:00 PM<br/>Pole Fitness I</b>        | <b>6:00 PM<br/>Shred</b>            |  |
| <b>7:00 PM<br/>Exotic Pole<br/>Dance</b> | <b>7:00 PM<br/>Lap &amp; Floor</b>  | <b>7:00 PM<br/>Exotic Pole<br/>Dance</b> | <b>7:00 PM<br/>Lap &amp; Floor</b>  |  |
|  | <b>8:00 PM<br/>Pole Fit/Spin II</b> |  | <b>8:00 PM<br/>Pole Fit/Spin II</b> |  |

**Membership - \$100 a month / Drop in - \$15 per class**