



Jan-March '24 Schedule

*Schedule subject to change. Visit www.shinefitnessstudio.com/schedule for a current and up-to-date schedule.

sun	mon	tues	wed	thurs	fri	sat
10:00 AM Pilates	5:15 PM L2+ Kids Steel	10:00 AM ☆ L1 Pole	11:15 AM L4 Hoop	11:15 AM L2 Trapeze	6:30 PM ☆ L1 Pole	10:00 AM ☆ L1 Pole
11:15 AM L2 Hoop	6:30 PM ☆ L1 Fabric	10:00 AM L3 Pole	6:30 PM L2 Trapeze	11:15 AM ☆ L1 Fabric	7:45 PM L3 Hammock	11:15 AM L2 Pole
11:15 AM L2 Hammock	6:30 PM L4 Hoop	11:15 AM Flexibility	6:30 PM L2 Pole	12:30 PM L3 Hoop	2:30 - 6:30 PM Open Studio	12:30 PM L3 Pole
12:30 PM ☆ L1 Hoop	6:30 PM Floorplay	6:30 PM L2 Hoop	7:45 PM L2 Low Flow Hoop	5:15 PM L2+ Kids Fabric		12:30 PM L2 Hoop
12:30 PM L3 Hoop	6:30 PM Conditioning	6:30 PM L2 Low Flow Pole	7:45 PM OW: Pole Silks EW: Flying Pole	5:15 PM Flexibility		1:45 PM L3 Trapeze
1:45 PM ☆ L1 Fabric	7:45 PM Flexibility	7:45 PM L3 Hoop	2:30 - 7:30 PM Open Studio	6:30 PM ☆ L1 Hoop		
1:45 PM Kids L1 Aerials	7:45 PM L3 Silks	7:45 PM L2 Pole		6:30 PM L2 Silks		
3:00 PM L2 Silks	2:30 - 7:30 PM Open Studio	2:30 - 6:30 PM 9:00 - 10:00 PM Open Studio		6:30 PM L3 Pole		
4:15 PM Kids L2+ Fabric				7:45 PM L2 Hoop		
2:00 - 5:00 PM Open Studio				7:45 PM L2 Hammock		
				7:45 PM ◇ L2 Hot in Heels		
				2:30 - 6:30 PM 9:00 - 10:00 PM Open Studio		

LEGEND

- ☆ First timer? Start here!
- ◇ Heels Required
- OW: Odd weeks 1, 3, 5
- EW: Even week 2, 4

Steel	Pole	Fabric
Extras	Open	Kids

Download the Momence app on the Apple App Store or Google Play for quick and easy scheduling.



Questions?

Call or text 817.756.1313
frontdesk@shinefitnessstudio.com

8535 Airport Freeway, Ste 200
North Richland Hills, TX 76180

COMMUNITY PAGE

Upcoming Events
Level & Skill Evaluations
Private Lesson Requests
Membership Changes
Financial Aid



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CLASS CANCELLATION, LATE CANCEL, AND NO SHOWS

If you cannot attend a previously scheduled class, please cancel your class via the Shine App or online at least *12 hours before your scheduled start time*. **Late cancelations and no-shows will result in a loss of pass and a \$15 fee to your card on file.**

LATE ARRIVALS

We understand delays happen, but your safety and understanding of Shine Fitness Studio and classes are critical. **Students who arrive 10+ minutes after class start time will not be admitted to class.** The late cancel/no-show policy will be enforced for students not admitted to class. A proper warm-up is a **REQUIREMENT** for every class to prevent possible injuries. *No refunds are issued for denied entry.*

Studio Policies

For a full overview of all of our studio policies and procedures, please visit www.shinefitnessstudio.com/policies.

INTRO OFFERS & L1 CLASSES

sun	mon	tues
10:00 AM Pilates	6:30 PM ☆ L1 Fabric	10:00 AM ☆ L1 Pole
12:30 PM ☆ L1 Hoop	6:30 PM Conditioning	11:15 AM Flexibility
1:45 PM ☆ L1 Fabric	7:45 PM Flexibility	
thurs	fri	sat
11:15 AM ☆ L1 Fabric	6:30 PM ☆ L1 Pole	10:00 AM ☆ L1 Pole
5:15 PM Flexibility		
6:30 PM ☆ L1 Hoop		

OPEN STUDIO

sun	mon	tues
2:00 - 5:00 PM	2:30 - 7:30 PM	2:30 - 6:30 PM 9:00 - 10:00 PM
wed	thurs	fri
2:30 - 7:30 PM	2:30 - 6:30 PM 9:00 - 10:00 PM	2:30 - 6:30 PM

What is open studio?

Utilize this time to work on something you've been meaning to circle back to, freestyle, skills you learned in class, or fine-tuning a routine. An instructor will be on-site to monitor, but no instruction will be given

PREREQUISITE: Must have passed Level 1 or have prior studio approval.