

MINDBODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE SCULPT 8:30am(45min) - Lorrie	PILATES VINYASA 7:00am(45min) - Melissa	HEATED BARRE 5:45am - Lynne	PILATES VINYASA 7:00am(45min) - Melissa	BARRE STRETCH FUSION 8:30am - Amie	RHYTHMIC BARRE BURN 7:00am(45min) - Amy B	HEATED BARRE 8:00am - Lorrie
STRETCH & RESET 9:30am - Nicole	BARRE CORE BLAST 8:30am - Amy K	BARRE STRETCH FUSION 8:30am - Jessica	BARRE CORE BLAST 8:30am - Amy K	BARRE 9:15am(45min) - Nicole	RHYTHMIC BARRE BURN 8:00am(45min) - Amy B	MAT PILATES 9:00am - Lorrie
BARRE STRETCH FUSION 10:30am - Jessica	BARRE PILATES FUSION 9:15am - Nicole	BARRE 9:15am - Nicole	CARDIO BARRE 9:15am - Nicole	STRETCH YOGA 10:00am - Nicole	HEATED POWER YOGA 9:00am - Pauline/ Kathleen	STRETCH YOGA 10:00am - Lorrie
RHYTHMIC BARRE BURN 11:00am - Amy B	MODERATE YOGA 10:00am - Nicole	STRETCH & RESET 10:00am - Nicole	POWER PILATES 10:00am - Nicole	PILATES 11:00am - Danielle	STRETCH YOGA 10:00am - Pauline/ Kathleen	SUNDAY EVENING YOGA 4:30pm
VINYASA FLOW 4:30pm - Marisa/ Joanne/ Amie	POWER PILATES 11:00am - Danielle	BARRE PILATES FUSION 11:00am - Nicole	MODERATE YOGA 11:00am(45min) - Nicole	MINDFUL YOGA 5:30pm - Melissa		
BARRE SCULPT 5:30pm - Lorrie	HEATED BARRE 4:30pm - Amy K	VINYASA FLOW 4:30pm - Joanne	MINDFUL YOGA 4:30pm - Kathleen			
POWER PILATES 6:30pm - Lorrie	HEATED POWER YOGA 5:30pm - Kathleen	HEATED BARRE 5:45pm(45min) - Melissa	HEATED POWER YOGA 5:30pm - Kathleen			
	YIN YOGA 6:45pm - Jennifer	POWER PILATES 6:45pm - Lorrie	RHYTHMIC BARRE BURN 7:00pm - Amy B			

*ALL 8:30AM CLASSES ARE 30 MIN CLASSES

We ask that members cancel 3 hours prior to the class or there will be a \$5 late cancellation fee and a \$15 no call/no show fee.

CLASSES INCLUDED IN PLATINUM & ELITE MEMBERSHIPS
\$15 PER CLASS FOR SIGNATURE MEMBERS