

MIND BODY STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEATED BARRE SCULPT 75° 8:30am(45min) - Lorrie	PILATES VINYASA 7:00am(45min) - Melissa	HEATED BARRE 85° 5:45am - Lynne	PILATES VINYASA 7:00am(45min) - Melissa	BARRE STRETCH FUSION 8:30am - Amie	HEATED RHYTHMIC BARRE BURN 85° 7:00am(45min) - Amy B	HEATED BARRE 85° 8:00am - Lorrie
HEATED STRETCH & RESET 75° 9:30am - Nicole	BARRE CORE BLAST 8:30am - Amy K	BARRE STRETCH FUSION 8:30am - Jessica	BARRE CORE BLAST 8:30am - Amy K	HEATED BARRE 85° 9:15am(45min) - Nicole	HEATED RHYTHMIC BARRE BURN 85° 8:00am(45min) - Amy B	MAT PILATES 9:00am - Lorrie
HEATED BARRE STRETCH FUSION 85° 10:30am - Jessica	BARRE PILATES FUSION 9:15am - Nicole	HEATED BARRE 85° 9:15am - Nicole	BARRE 9:15am - Nicole	HEATED STRETCH YOGA 75° 10:00am - Nicole	HEATED POWER YOGA 85° 9:00am - Pauline/Kathleen	STRETCH YOGA 10:00am - Lorrie
HEATED RHYTHMIC BARRE BURN 85° 11:00am - Amy B	HEATED MODERATE YOGA 75° 10:00am - Nicole	HEATED STRETCH & RESET 75° 10:00am - Nicole	POWER PILATES 10:00am - Nicole	PILATES 11:00am - Danielle	HEATED STRETCH YOGA 85° 10:00am - Pauline/Kathleen	SUNDAY EVENING YOGA 4:30pm
HEATED VINYASA FLOW 75° 4:30pm - Marisa/Joanne/ Amie	HEATED POWER PILATES 75° 11:00am - Danielle	HEATED BARRE PILATES FUSION 75° 11:00am - Nicole	MODERATE YOGA 11:00am(45min) - Nicole	MINDFUL YOGA 5:30pm - Melissa		
HEATED BARRE SCULPT 75° 5:30pm - Lorrie	HEATED BARRE 75° 4:30pm - Amy K	HEATED VINYASA FLOW 75° 4:30pm - Joanne	MINDFUL YOGA 4:30pm - Kathleen			
HEATED PILATES 75° 6:30pm - Lorrie	HEATED POWER YOGA 85° 5:30pm - Kathleen	HEATED BARRE 75° 5:45pm(45min) - Melissa	HEATED POWER YOGA 85° 5:30pm - Kathleen			
	YIN YOGA 6:45pm - Jennifer	HEATED POWER PILATES 75° 6:30pm - Lorrie	HEATED RHYTHMIC BARRE BURN 85° 7:00pm - Amy B			

*ALL 8:30AM CLASSES ARE 30 MIN CLASSES
Unless otherwise noted

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