

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New Saturday Morning Kids Classes! Barre/Yoga: 10:30–11:00, <u>Ages 6-12</u> Groove, Move & Soothe: 11:15–11:45, <u>Ages 2-5</u> (Parents must stay) <i>Weekly Online Registration is Required for all Kids' Classes, Barre Bootcamp, Barre Light, Bootcamp, Cycle & Pilates Light</i>					<u>1</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>2</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>3</u> PowerCore Pilates 9:15-10:00	<u>4</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>5</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>6</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>7</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>8</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>9</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>10</u> PowerCore Pilates 9:15-10:00	<u>11</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>12</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>13</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>14</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>15</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>16</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>17</u> PowerCore Pilates 9:15-10:00	<u>18</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>19</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>20</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>21</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>22</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am <u>No Evening Classes</u>	<u>23</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>24 / 31</u> PowerCore Pilates 9:15-10:00	<u>25</u> Merry Christmas! 	<u>26</u> PowerCore Pilates 9:30-10:15am 20/20 6:00-6:45pm	<u>27</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>28</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>29</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am CYCLE 5:15-6:00pm <u>No Yoga</u>	<u>30</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45

Fee: \$13.00 for drop-ins; discounts are available for monthly registration and family registration.

Schedule is subject to change; changes/cancellations are announced at class and by email.

Call Kati Mellecker @ 978.514.2193 or visit www.katespowerhouse.com



December 2017

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