



January 2018

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>1</u>	<u>2</u> Bootcamp 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>3</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>4</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>5</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>6</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>7</u> PowerCore Pilates 9:15-10:00	<u>8</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>9</u> Bootcamp 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>10</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>11</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>12</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm <u>No Yoga</u>	<u>13</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>14</u> PowerCore Pilates 9:15-10:00	<u>15</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm Interval Training 6:15-7:00pm	<u>16</u> Bootcamp 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>17</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>18</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm	<u>19</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>20</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>21</u> PowerCore Pilates 9:15-10:00	<u>22</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>23</u> HIIT 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>24</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>25</u> HIIT 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm HIIT 6:15-7:00pm	<u>26</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am Pilates Light 10:15-10:45am CYCLE 5:15-6:00pm <u>No Yoga</u>	<u>27</u> Booty Barre 8:15-9:00am <u>KIDS:</u> Barre/Yoga 10:30-11:00 Groove, Move & Soothe 11:15-11:45
<u>28</u> PowerCore Pilates 9:15-10:00	<u>29</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Barre Light 10:15-10:45am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>30</u> HIIT 6:30-7:15am Power Pilates 9:00-10:00am Pilates Light 10:15-10:45am Booty Barre 5:15-6:00pm 20/20 6:15-7:00pm	<u>31</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm			