



January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Kick off those New Years Resolutions at KPH! STUDENTS! Check out our Winter specials this month New Kids class On Saturdays! Register online</p>		<p><u>1</u></p>  <p>No Classes</p>	<p><u>2</u></p> <p>Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>3</u></p> <p>HIIT 6:15-7:00am YogaLates 9:15-10:00am</p> <p>PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>4</u></p> <p>Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm</p>	<p><u>5</u></p> <p>Booty Barre 8:15-9:00am CYCLE 9:15-10:00am</p> <p>Kids Yoga 11:15-12:00pm</p>
<p><u>6</u></p> <p>PowerCore Pilates 9:15-10:00</p>	<p><u>7</u></p> <p>Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>8</u></p> <p>HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am</p> <p>Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>9</u></p> <p>Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>10</u></p> <p>HIIT 6:15-7:00am YogaLates 9:15-10:00am</p> <p>PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>11</u></p> <p>Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm</p>	<p><u>12</u></p> <p>Booty Barre 8:15-9:00am No Spin Kids Yoga 11:15-12:00pm</p>
<p><u>13</u></p> <p>PowerCore Pilates 9:15-10:00</p>	<p><u>14</u></p> <p>Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>15</u></p> <p>HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am</p> <p>Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>16</u></p> <p>Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>17</u></p> <p>HIIT 6:15-7:00am YogaLates 9:15-10:00am</p> <p>PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>18</u></p> <p>Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm</p>	<p><u>19</u></p> <p>Booty Barre 8:15-9:00am CYCLE 9:15-10:00am</p> <p>Kids Yoga 11:15-12:00pm</p>
<p><u>20</u></p> <p>PowerCore Pilates 9:15-10:00</p>	<p><u>21</u></p> <p>Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>22</u></p> <p>HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am</p> <p>Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>23</u></p> <p>Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>24</u></p> <p>HIIT 6:15-7:00am YogaLates 9:15-10:00am</p> <p>PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>25</u></p> <p>Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm</p>	<p><u>26</u></p> <p>Booty Barre 8:15-9:00am CYCLE 9:15-10:00am</p> <p>Kids Yoga 11:15-12:00pm</p>
<p><u>27</u></p> <p>PowerCore Pilates 9:15-10:00</p>	<p><u>28</u></p> <p>Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am</p> <p>Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>29</u></p> <p>HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am</p> <p>Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>30</u></p> <p>Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am</p> <p>Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>31</u></p> <p>HIIT 6:15-7:00am YogaLates 9:15-10:00am</p> <p>PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>		

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