



# July 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> PowerCore Pilates 9:15-10:00am	<u>2</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>3</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  *No PM Classes	<u>4</u>   *No Classes	<u>5</u>   *No Classes	<u>6</u> *No Pure Yoga Booty Barre 9:15-10:00am  *No Cycle Power Yoga 6:15-7:15pm	<u>7</u> Booty Barre 8:15-9:00am
<u>8</u> PowerCore Pilates 9:15-10:00am	<u>9</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>10</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>11</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>12</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  BOSU 5:15-6:00pm HIIT 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 6:15-7:15pm	<u>14</u> Booty Barre 8:15-9:00am
<u>15</u> PowerCore Pilates 9:15-10:00am	<u>16</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>17</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>18</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>19</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  BOSU 5:15-6:00pm HIIT 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 6:15-7:15pm	<u>21</u> Booty Barre 8:15-9:00am
<u>22</u> PowerCore Pilates 9:15-10:00am	<u>23</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>24</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>25</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>26</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  BOSU 5:15-6:00pm HIIT 6:15-7:00pm	<u>27</u> *No Pure Yoga Booty Barre 9:15-10:00am  CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>28</u> Booty Barre 8:15-9:00am
<u>29</u> PowerCore Pilates 9:15-10:00am	<u>30</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>31</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<i>Push HARDER than yesterday if you want a different TOMORROW.</i>			

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

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Call Kati Mellecker @ 978.514.2193 or visit [www.katespowerhouse.com](http://www.katespowerhouse.com)