

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> Spring into action! Three months from now, you will thank yourself! <i>Go into Spring feeling your very best.</i> </div>					<u>1</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	<u>2</u> Booty Barre 8:15-9:00am CYCLE 9:15-10:00am
<u>3</u> PowerCore Pilates 9:15-10:00	<u>4</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>5</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>6</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	<u>7</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>8</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	<u>9</u> Booty Barre 8:15-9:00am CYCLE 9:15-10:00am
<u>10</u> PowerCore Pilates 9:15-10:00 	<u>11</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>12</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>13</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	<u>14</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am No PowerCore Pilates HIIT 6:15-7:00pm	<u>15</u> No Pure Yoga Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	<u>16</u> Booty Barre 8:15-9:00am CYCLE 9:15-10:00am
<u>17</u> PowerCore Pilates 9:15-10:00 	<u>18</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>19</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>20</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	<u>21</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>22</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	<u>23</u> Booty Barre 8:15-9:00am CYCLE 9:15-10:00am
<u>24/31</u> PowerCore Pilates 9:15-10:00	<u>25</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>26</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>27</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	<u>28</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>29</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	<u>30</u> Booty Barre 8:15-9:00am CYCLE 9:15-10:00am

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