

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Turkey Trot</b> is our biggest class of the year! Make sure to register online before it fills up! The class is a combination of <b>HIIT &amp; PowerCore Pilates</b>. We will end with a <i>thankful mimosa toast!</i></p>				<p><u>1</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>2</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm</p>	<p><u>3</u> Booty Barre 8:15-9:00am  CYCLE 9:15-10:00am</p>
<p><u>4</u> PowerCore Pilates 9:15-10:00</p>	<p><u>5</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>6</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>7</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am  Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>8</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>9</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm</p>	<p><u>10</u> Booty Barre 8:15-9:00am  CYCLE 9:15-10:00am</p>
<p><u>11</u> PowerCore Pilates 9:15-10:00</p>	<p><u>12</u> BOSU 9:15-10:00am    HIIT 6:15-7:00pm</p>	<p><u>13</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00AM  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>14</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>15</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>16</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm</p>	<p><u>17</u> Booty Barre 8:15-9:00am  CYCLE 9:15-10:00am</p>
<p><u>18</u> PowerCore Pilates 9:15-10:00</p>	<p><u>19</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>20</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>21</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am  Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p>  <b>9:00-9:45am Turkey Trot! Register online</b></p>	<p><u>23</u> <b>Barre/Pilates 9:15-10:00am Register online</b></p>	<p><u>24</u> Booty Barre 8:15-9:00am</p>
<p><u>25</u> PowerCore Pilates 9:15-10:00</p>	<p><u>26</u> Pure Yoga 8:00-9:00am BOSU 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>27</u> HIIT 6:15-7:00am PowerCore Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm</p>	<p><u>28</u> Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am  Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm</p>	<p><u>29</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  PowerCore Pilates 5:15-6:00pm HIIT 6:15-7:00pm</p>	<p><u>30</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm</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](http://www.katespowerhouse.com)