




October 2018

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 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	2 HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	3 Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	4 HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	5 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	6 Booty Barre 8:15-9:00am
7 PowerCore Pilates 9:15-10:00am	8 BOSU 9:15-10:00am  HIIT 6:15-7:00pm CYCLE 7:15-8:00pm	9 HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	10 Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	11 HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	12 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	13 Booty Barre 8:15-9:00am
14 PowerCore Pilates 9:15-10:00am	15 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	16 HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	17 Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	18 HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	19 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	20 Booty Barre 8:15-9:00am
21 PowerCore Pilates 9:15-10:00am	22 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	23 HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	24 Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm	25 HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	26 Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm	27 Booty Barre 8:15-9:00am
28 PowerCore Pilates 9:15-10:00am	29 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	30 HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	31 HAPPY HALLOWEEN Pure Yoga 8:00-9:00am Barre/Bosu 9:15-10:00am Power Yoga 6:00-7:00pm CYCLE 7:15-8:00pm			

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