

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|--|--|---|--|
| <p>Join me in congratulating Jaime and welcoming beautiful baby Lily to the PowerHouse family!</p> <p>This pic will be her soon ;-)</p> | | |  | | <p><u>1</u> No Yoga Cardio Barre 9:15-10:00am</p> <p>No Evening Classes</p> | <p><u>2</u> Booty Barre 8:15-9:00am</p> |
| <p><u>3</u> PowerCore Pilates 9:15-10:00</p> | <p><u>4</u> CLOSED LABOR DAY</p> | <p><u>5</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm</p> | <p><u>6</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p> | <p><u>7</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p> | <p><u>8</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p> | <p><u>9</u> Booty Barre 8:15-9:00am</p> |
| <p><u>10</u> PowerCore Pilates 9:15-10:00</p> | <p><u>11</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm</p> | <p><u>12</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm</p> | <p><u>13</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p> | <p><u>14</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p> | <p><u>15</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p> | <p><u>16</u> Booty Barre 8:15-9:00am</p> |
| <p><u>17</u> PowerCore Pilates 9:15-10:00</p> | <p><u>18</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm</p> | <p><u>19</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm</p> | <p><u>20</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p> | <p><u>21</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p> | <p><u>22</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p> | <p><u>23</u> Booty Barre 8:15-9:00am</p> |
| <p><u>24</u> PowerCore Pilates 9:15-10:00</p> | <p><u>25</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am PowerCore Pilates 5:15-6:00pm Interval Training 6:15-7:00pm</p> | <p><u>26</u> Bootcamp 6:30-7:15am PowerCore Pilates 9:00-10:00am Booty Barre 5:15-6:00pm 20/20/20 6:15-7:15pm</p> | <p><u>27</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:30pm</p> | <p><u>28</u> Barre Bootcamp 6:30-7:15am YogaLates 9:00-10:00am YogaLates 5:15-6:00pm Cardio-Core 6:15-7:00pm</p> | <p><u>29</u> Pure Yoga 8:00-9:00am Cardio Barre 9:15-10:00am CYCLE 5:15-6:00pm Power Yoga 6:15-7:15pm</p> | <p><u>30</u> Booty Barre 8:15-9:00am</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