

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p align="center"><b>Back to School!</b> Check out our new cycle times on Mondays and Wednesdays</p>			<u>1</u> Booty Barre 8:15-9:00am
<u>2</u> PowerCore Pilates 9:15-10:00am	<u>3</u>  <b>Labor Day</b> No classes	<u>4</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>5</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>6</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  BOSU 5:15-6:00pm HIIT 6:15-7:00pm	<u>7</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm	<u>8</u> Booty Barre 8:15-9:00am
<u>9</u> PowerCore Pilates 9:15-10:00am	<u>10</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	<u>11</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>12</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>13</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  BOSU 5:15-6:00pm HIIT 6:15-7:00pm	<u>14</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm	<u>15</u> Booty Barre 8:15-9:00am
<u>16</u> PowerCore Pilates 9:15-10:00am	<u>17</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	<u>18</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>19</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>20</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  BOSU 5:15-6:00pm HIIT 6:15-7:00pm	<u>21</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm	<u>22</u> Booty Barre 8:15-9:00am
<u>23/30</u> PowerCore Pilates 9:15-10:00am  	<u>24</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	<u>25</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am  Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm	<u>26</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>27</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  BOSU 5:15-6:00pm HIIT 6:15-7:00pm	<u>28</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am  Power Yoga 6:00-7:00pm	<u>29</u> Booty Barre 8:15-9:00am

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](http://www.katespowerhouse.com)