



August 2019

Schedule is subject to change.

Changes/cancellations are announced at class and by email.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------|
| | | | | <u>1</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>2</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:00pm | <u>3</u> Booty Barre 8:15-9:00am |
| <u>4</u> PowerCore Pilates 9:15-10:00am | <u>5</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>6</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU SCULPT 6:15-7:00pm | <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 | <u>8</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>9</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:15pm | <u>10</u> Booty Barre 8:15-9:00am |
| <u>11</u> PowerCore Pilates 9:15-10:00am | <u>12</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>13</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm | <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 | <u>15</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>16</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:15pm | <u>17</u> Booty Barre 8:15-9:00am |
| <u>18</u> PowerCore Pilates 9:15-10:00am | <u>19</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>20</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm | <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 | <u>22</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>23</u> Pure Yoga 8:00-9:00am Booty Barre 9:15-10:00am Power Yoga 6:00-7:15pm | <u>24</u> Booty Barre 8:15-9:00am |
| <u>25</u> PowerCore Pilates 9:15-10:00am | <u>26</u> Pure Yoga 8:00-9:00am BOSULates 9:15-10:00am Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm | <u>27</u> HIIT 6:15-7:00am Power Pilates 9:15-10:00am Booty Barre 5:15-6:00pm BOSU 6:15-7:00pm | <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 | <u>29</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am No Power Pilates HIIT 6:15-7:00pm | <u>30</u> No Pure Yoga Booty Barre 9:15-10:00am No Power Yoga | <u>31</u> Booty Barre 8:15-9:00am |

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