



# September 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> PowerCore Pilates 9:15-10:00am	<u>2</u> 	<u>3</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>4</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>5</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  YogaLates 5:15-6:00pm HIIT 6:15-7:00pm	<u>6</u> Pure Yoga 8:00-9:00am 15/15/15 9:15-10:00am  Butts & Guts 5:15-6:00 Power Yoga 6:00-7:00pm	<u>7</u> Booty Barre 8:15-9:00am
<u>8</u> PowerCore Pilates 9:15-10:00am	<u>9</u> Pure Yoga 8:00-9:00am LIIT 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>10</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>11</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>12</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  YogaLates 5:15-6:00pm HIIT 6:15-7:00pm	<u>13</u> Pure Yoga 8:00-9:00am 15/15/15 9:15-10:00am  Butts & Guts 5:15-6:00 Power Yoga 6:00-7:00pm	<u>14</u> Booty Barre 8:15-9:00am
<u>15</u> PowerCore Pilates 9:15-10:00am	<u>16</u> Pure Yoga 8:00-9:00am LIIT 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>17</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>18</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>19</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  YogaLates 5:15-6:00pm HIIT 6:15-7:00pm	<u>20</u> Pure Yoga 8:00-9:00am 15/15/15 9:15-10:00am  Butts & Guts 5:15-6:00 Power Yoga 6:00-7:00pm	<u>21</u> Booty Barre 8:15-9:00am
<u>22</u> PowerCore Pilates 9:15-10:00am	<u>23</u> Pure Yoga 8:00-9:00am LIIT 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm	<u>24</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>25</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>26</u> HIIT 6:15-7:00am YogaLates 9:15-10:00am  YogaLates 5:15-6:00pm HIIT 6:15-7:00pm	<u>27</u> Pure Yoga 8:00-9:00am 15/15/15 9:15-10:00am  Butts & Guts 5:15-6:00 Power Yoga 6:00-7:00pm	<u>28</u> Booty Barre 8:15-9:00am
<u>29</u> PowerCore Pilates 9:15-10:00am	<u>30</u> Pure Yoga 8:00-9:00am LIIT 9:15-10:00am  Power Pilates 5:15-6:00pm HIIT 6:15-7:00pm					

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