

MIND/BODY STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00 am MORNING YOGA FLOW Turi		6:00-7:00 am MORNING YOGA FLOW Turi			
	**TOTAL BARRE 8:45-9:45 Cheri	8:15-8:50 TAI CHI Valerie	8:00-8:45 am TOTAL BARRE Cheri	8:15-8:50 TAI CHI Valerie		8:00-9:00 MULTI-LEVEL YOGA Teri
9:00-10:00 MULTI-LEVEL YOGA Kayla	10:00-11:00 GENTLE YOGA Bethanie	9:00-9:45 PILATES Blaise	9:00-10:00 YOGAMOTION Nancy	9:00-9:45 PILATES Blaise	**TOTAL BARRE 8:45-9:45 Susie	**TOTAL BARRE 9:15-10:15 Kaylee
	11:15-12:00 BASIC PILATES Jennie	10:00-11:00 MULTI-LEVEL YOGA Tammy	10:30-11:30 GENTLE YOGA Nancy	10:00-11:00 MULTI-LEVEL YOGA Tammy	10:00-11:00 MULTI-LEVEL YOGA Vandana	10:30-11:30 BODY FLOW Sarah
	12:10-1:00 LEVEL 1 YOGA Christine	12-1:00 TOTAL BARRE Cheri	12-1:00 BODY FLOW Ruth	12-1:00 TOTAL BARRE Cheri	12-1:00 BODY FLOW Sarah	
	**TOTAL BARRE 4:45-5:45 Elaine	**TOTAL BARRE 4:45-5:45 Keri	**TOTAL BARRE 4:45-5:45 Elaine	**TOTAL BARRE 4:45-5:45 Candis		
	6:00-7:00 pm LEVEL 1 YOGA Teri	6:00-7:00 BODY FLOW Jodi	6:00-7:00 pm LEVEL 1 YOGA Teri	6:00-7:00 VINYASA SCULPT YOGA Katherine		
		7:10-8:00 TOTAL BARRE Kaylee		7:10-8:00 TOTAL BARRE Kaylee		

****SIGN UP REQUIRED:** Online 3 hours prior to class, 2 hours prior in-house or by phone

TOTAL BARRE AM classes: Online 12 hours prior to class, 2 hours in-house or by phone

CYCLE BURN

BLACKMORE STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 am EARLY RIDE AM CYCLE BURN Byrdeen		5:30-6:00 XPRESS CYCLE AM Byrdeen		5:45-6:30 am CYCLE/PUMP AM Byrdeen	
	7:00-7:45 AM CYCLE BURN AM Eric		7:00-7:45 AM CYCLE BURN AM Eric			
8:30-9:15 CYCLE BURN AM Jennie	9:00-9:45 CYCLE BURN Jen	9:00-9:45 CYCLE BURN Mariska	9:00-9:45 CYCLE BURN Jen	9:00-9:45 CYCLE BURN Lisa	9:00-9:45 CYCLE BURN Becky	8:15-9:15 CYCLE BURN AM Eric
		12:15-12:45 XPRESS CYCLE Becky	12:15-12:45 XPRESS CYCLE Lisa	12:15-12:45 XPRESS CYCLE Lauren		9:30-10:15 CYCLE BURN Lisa/Alt.
	5:45-6:30 pm CYCLE BURN Suz	5:45-6:30 CYCLE BURN Allison	5:15-5:45 XPRESS CYCLE Jennie	5:45-6:30 pm CYCLE BURN Mariska		

****SIGN UP REQUIRED FOR ALL CYCLE CLASSES:** Online 3 hours prior to class, 2 hours prior in-house or by phone

CYCLE BURN AM/ XPRESS CYCLE AM CLASSES/CYCLE PUMP AM: Online 12 hours prior to class, 2 hours in-house or by phone