

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			
	8:45-9:45 **TOTAL BARRE Michaela	8:00-8:45 TAI CHI Valerie	8:00-8:45 **TOTAL BARRE Susie	8:00-8:45 TAI CHI Valerie		8:00-9:00 MULTI-LEVEL YOGA Teri
9:00-10:15 MULTI-LEVEL VINYASA YOGA Kayla	10:00-11:00 GENTLE YOGA Vandana	9:00-9:45 PILATES Ember	9:00-10:00 MULTI-LEVEL YOGA Instructor Rotation	9:00-9:45 PILATES Jennie	8:45-9:45 **TOTAL BARRE Monica	
	11:15-12:00 BASIC PILATES Ember	10:00-11:00 MULTI-LEVEL YOGA Tammy	10:30-11:30 GENTLE YOGA Instructor Rotation	10:00-11:00 MULTI-LEVEL YOGA Tammy	10:00-11:00 MULTI-LEVEL YOGA Vandana	
	12:10-1:00 LEVEL 1 YOGA Christine	12:00-1:00 **TOTAL BARRE Monica	12-1:00 BODY FLOW Ruth	12:00-1:00 **TOTAL BARRE Elaine	11:10-11:50 PILATES Jennie	
	4:45-5:45 **TOTAL BARRE Elaine		4:45-5:45 **TOTAL BARRE Elaine		12:00-1:00 MULTI-LEVEL YOGA Martin	
		5:30-6:30 BODY FLOW Jodi		5:30-6:30 BODY FLOW Jodi		
	6:00-7:00 LEVEL 1 YOGA Teri		6:00-7:00 LEVEL 1 YOGA Teri			

****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 RPM CYCLE Byrdeen		5:30-6:00 am XPRESS RPM CYCLE Byrdeen		5:45-6:30 am CYCLE/PUMP 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	4:30-5:00 XPRESS CYCLE Jennie	12:15-12:45 XPRESS CYCLE Lauren	12:15-12:45 XPRESS RPM CYCLE Abby	9:30-10:15 CYCLE BURN Lisa/Alt.
	5:45-6:30 CYCLE BURN Suz	5:45-6:30 CYCLE BURN Quinn	5:45-6:30 RPM CYCLE Jodi	5:45-6:30 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