

## MIND/BODY STUDIO

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>6:00-7:00 am</b> <b>MORNING YOGA FLOW</b> Turi		<b>6:00-7:00 am</b> <b>MORNING YOGA FLOW</b> Turi			
	<b>8:45-9:45</b> <b>**TOTAL BARRE</b> Souss	<b>8:00-8:45</b> <b>TAI CHI</b> Valerie	<b>8:00-8:45</b> <b>**TOTAL BARRE</b> Susie	<b>8:00-8:45</b> <b>TAI CHI</b> Valerie		<b>8:00-9:00</b> <b>MULTI-LEVEL YOGA</b> Teri
<b>9:00-10:15</b> <b>POWER VINYASA YOGA</b> Kayla	<b>10:00-11:00</b> <b>GENTLE YOGA</b> Vandana	<b>9:00-9:45</b> <b>PILATES</b> Ember	<b>9:00-10:00</b> <b>MULTI-LEVEL YOGA</b> Nancy	<b>9:00-9:45</b> <b>PILATES</b> Jennie	<b>8:45-9:45</b> <b>**TOTAL BARRE</b> Monica	
	<b>11:15-12:00</b> <b>BASIC PILATES</b> Ember	<b>10:00-11:00</b> <b>MULTI-LEVEL YOGA</b> Tammy	<b>10:30-11:30</b> <b>GENTLE YOGA</b> Nancy	<b>10:00-11:00</b> <b>MULTI-LEVEL YOGA</b> Tammy	<b>10:00-11:00</b> <b>MULTI-LEVEL YOGA</b> Vandana	
	<b>12:10-1:00</b> <b>LEVEL 1 YOGA</b> Christine	<b>12:00-1:00</b> <b>**TOTAL BARRE</b> Monica	<b>12-1:00</b> <b>BODY FLOW</b> Ruth	<b>12:00-1:00</b> <b>**TOTAL BARRE</b> Monica	<b>11:10-11:50</b> <b>PILATES</b> Jennie	
	<b>4:45-5:45</b> <b>**TOTAL BARRE</b> Elaine	<b>4:30-5:30</b> <b>**TOTAL BARRE</b> Souss	<b>4:45-5:45</b> <b>**TOTAL BARRE</b> Elaine	<b>4:30-5:30</b> <b>**TOTAL BARRE</b> Souss	<b>12:00-1:00</b> <b>MULTI-LEVEL YOGA</b> Martin	
		<b>5:45-6:30</b> <b>BODY FLOW</b> Jodi		<b>5:45-6:30</b> <b>BODY FLOW</b> Jodi		
	<b>6:00-7:00</b> <b>LEVEL 1 YOGA</b> Teri		<b>6:00-7:00</b> <b>LEVEL 1 YOGA</b> 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
	<b>5:45-6:30 am</b> <b>RPM CYCLE</b> Byrdeen		<b>5:30-6:00 am</b> <b>XPRESS RPM CYCLE</b> Byrdeen		<b>5:45-6:30 am</b> <b>CYCLE/PUMP</b> Byrdeen	
	<b>7:00-7:45 am</b> <b>CYCLE BURN AM</b> Eric		<b>7:00-7:45 am</b> <b>CYCLE BURN AM</b> Eric		<b>7:00-7:45 am</b> <b>CYCLE BURN AM</b> Lisa	
<b>8:30-9:15</b> <b>CYCLE BURN AM</b> Jennie	<b>9:00-9:45</b> <b>CYCLE BURN</b> Jen	<b>9:00-9:45</b> <b>CYCLE BURN</b> Mariska	<b>9:00-9:45</b> <b>CYCLE BURN</b> Jen	<b>9:00-9:45</b> <b>CYCLE BURN</b> Lisa	<b>9:00-9:45</b> <b>CYCLE BURN</b> Becky	<b>8:15-9:15</b> <b>CYCLE BURN AM</b> Eric
		<b>12:15-12:45</b> <b>XPRESS CYCLE</b> Becky	<b>4:30-5:00</b> <b>XPRESS CYCLE</b> Jennie	<b>12:15-12:45</b> <b>XPRESS CYCLE</b> Lauren	<b>12:15-12:45</b> <b>XPRESS RPM CYCLE</b> Abby	<b>9:30-10:15</b> <b>CYCLE BURN</b> Lisa/Alt.
	<b>5:45-6:30</b> <b>CYCLE BURN</b> Suz	<b>5:45-6:30</b> <b>CYCLE BURN</b> Quinn	<b>5:45-6:30</b> <b>RPM CYCLE</b> Jodi	<b>5:45-6:30</b> <b>CYCLE BURN</b> 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