

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 Souss	8:00-8:45 TAI CHI Valerie	8:00-8:45 **TOTAL BARRE Elaine	8:00-8:45 TAI CHI Valerie		8:00-9:00 MULTI-LEVEL YOGA Teri
9:00-10:15 VINYASA YOGA Kayla	10:00-11:00 GENTLE YOGA Vandana	9:00-9:45 PILATES Ember	9:00-10:00 MULTI-LEVEL YOGA Nancy	9:00-9:45 PILATES Jennie	8:45-9:45 **TOTAL BARRE Monica	9:15-10:15 **BARRE-PILATES FUSION Molly
	11:15-12:00 BASIC PILATES Ember	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	
	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 Monica	11:10-11:50 PILATES Jennie	
	4:45-5:45 **TOTAL BARRE Elaine	4:30-5:30 **TOTAL BARRE Souss	4:45-5:45 **TOTAL BARRE Susie	4:30-5:30 **TOTAL BARRE Souss	12:00-1:00 MULTI-LEVEL YOGA Martin	
		5:45-6:30 BODY FLOW Jodi		5:45-6:30 BODY FLOW Jodi	4:30-5:30 TOTAL BARRE Souss (starts 3//29/19)	
	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  Byrdeen		5:30-6:00 am  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		7:00-7:45 am CYCLE BURN AM Lisa	
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  Jenny	12:15-12:45 XPRESS CYCLE Becky	12:15-12:45 XPRESS CYCLE Lauren	12:15-12:45  Abby	12:15-12:45  Jenny	9:30-10:15 CYCLE BURN Lisa
			4:30-5:00 XPRESS CYCLE Jennie			
	5:45-6:30 CYCLE BURN Suz	5:45-6:30 CYCLE BURN Quinn	5:45-6:30  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

Effective March 3, 2019