


## MIND/BODY STUDIO







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:45 <b>BARRE</b> Sami		6:00-7:00 am <b>MULTI-LEVEL YOGA</b> Jen			
	8:45-9:45 <b>**TOTAL BARRE</b> Souss	8:00-8:45 <b>TAI CHI</b> Valerie		8:00-8:45 <b>TAI CHI</b> Valerie		8:00-9:00 <b>MULTI-LEVEL YOGA</b> Teri
9:00-10:15 <b>VINYASA YOGA</b> Kayla	10:00-11:00 <b>GENTLE YOGA</b> Vandana	9:00-9:45 <b>PILATES</b> Tammi	9:00-10:00 <b>MULTI-LEVEL YOGA</b> Vandana	9:00-9:45 <b>PILATES</b> Jennie	8:45-9:45 <b>**TOTAL BARRE</b> Monica	9:15-10:00 <b>PILATES</b> Tammi
	11:15-12:00 <b>BASIC PILATES</b> Tammi	10:00-11:00 <b>MULTI-LEVEL YOGA</b> Tammy	10:15-11:15 <b>GENTLE YOGA</b> Vandana	10:00-11:00 <b>MULTI-LEVEL YOGA</b> Tammy	10:00-11:00 <b>MULTI-LEVEL YOGA</b> Vandana	10:10-11:00 <b>TOTAL BARRE</b> Alternating Instructors
	12:05-1:05 <b>**BARRE</b> Cheri	11:10-11:55 <b>GENTLE YOGA</b> Souss	12:00-1:00 <b>**BARRE</b> Cheri	11:10-11:55 <b>GENTLE YOGA</b> Souss	11:10-11:50 <b>PILATES</b> Kat	
	4:45-5:45 <b>**TOTAL BARRE</b> Elaine	12:00-1:00 <b>**TOTAL BARRE</b> Monica	4:45-5:45 <b>PILATES</b> Tammi	12:00-1:00 <b>**TOTAL BARRE</b> Monica	12:00-1:00 <b>**BARRE</b> Cheri	
	6:00-7:00 <b>LEVEL 1 YOGA</b> Teri	4:45-5:30  Jodi	6:00-7:00 <b>LEVEL 1 YOGA</b> Teri		4:30-5:30 <b>**TOTAL BARRE</b> Souss	
		5:45-6:45 <b>TOTAL BARRE</b> Souss		5:45-6:45 <b>TOTAL BARRE</b> Souss		

**\*\*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 <b>CYCLE/PUMP</b> Byrdeen	
	7:00-7:45 am <b>CYCLE BURN AM</b> Eric		7:00-7:45 am <b>CYCLE BURN AM</b> Eric			
9:30-10:15 <b>CYCLE BURN AM</b> Jennie	9:00-9:50 <b>CYCLE BURN</b> Jen	9:00-9:45 <b>CYCLE BURN</b> Mariska	9:00-9:50 <b>CYCLE BURN</b> Jen	9:00-9:45 <b>CYCLE BURN</b> Lisa	9:00-9:45 <b>CYCLE BURN</b> Becky	8:15-9:15 <b>CYCLE BURN AM</b> Eric
	12:15-12:45 <b>XPRESS CYCLE</b> Becky	12:15-12:45  Jenny	12:15-12:45 <b>XPRESS CYCLE</b> Lauren	12:15-12:45  Abby	12:15-12:45  Jenny	9:30-10:15 <b>CYCLE BURN</b> Lisa
		4:30-5:00 <b>XPRESS CYCLE</b> Jennie				
	5:45-6:30 <b>CYCLE BURN</b> Suz	5:45-6:30 <b>CYCLE BURN</b> Quinn	5:45-6:30  Jodi	5:45-6:30 <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

Effective September 1, 2019