



## Fall Schedule 2019 September 9 - December 23

*Note: studio will be closed on Oct. 14 for Thanksgiving*

---

### **Monday**

9:30 am	ELDOA 1-2	Sheri
10:45 am	Equipment	Sheri
12:00 pm	Whole Body 1-2	Sheri
5:15 pm	Equipment	Sarah F.
6:30 pm	Deep Strength 2	Kirsten
7:30 pm	Pilates Movement Fundamentals	Esther

### **Tuesday**

7:30 am	Equipment	Emilie
9:30 am	Equipment	Emilie
1:00 pm	Equipment	Julia
2:00 pm	Equipment	Julia
4:00 pm	Equipment	Sarah K.
5:15 pm	ELDOA 2	Sarah K.
6:30 pm	Active Stretch & Strength	Sarah K.
7:45 pm	Equipment	Sarah K.

### **Wednesday**

7:00 am	Equipment	Kirsten
9:30 am	Whole Body 1-2	Michelle
12:00 pm	Spotlight Mat (Pre-registered)	Michelle
5:30 pm	Equipment	Sarah F.
6:30 pm	Equipment	
7:30 pm	ELDOA 1-2	Sarah F.

### **Thursday**

9:30 am	Equipment	Michelle
12:00 pm	Deep Strength	Sarah K.
1:15 pm	Equipment	Sarah K.
2:15 pm	Equipment	Sarah K.
7:00 pm	Restorative (Starts Oct. 10)	Kirsten

### **Friday**

9:30 am	Whole Body 2	Julia
10:45 am	Equipment	Julia

### **Saturday**

9:00 am	Equipment	Sarah F.
10:15 am	Whole Body 1-2	Sarah F.
11:30 am	Equipment	Sarah F.

### **Sunday**

10:15 am	Whole Body 1-2	Jacqui
----------	----------------	--------

- Private classes available Monday to Sunday
- Please check our online schedule for daily updates
- The number indicates what experience level you may need to join class: 1 is for everyone, 1-2 is accessible, 2-3 need some experience