

## CLASS SCHEDULE FOR DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 - 10:30 am Non Hot Strengthening Yoga  Instructor : Renu	9:30 - 10:30 am Hot Hatha Flow Yoga  Instructor- Afrinda	9.30 - 10.30am Non Hot Pilates Combo  Instructor: Sandra	9:30 - 10:30 am Non Hot Hatha Flow Yoga  Instructor: Renu	9:30 - 10:30 am Non Hot Pilates Combo  Instructor : Sandra	8:30 - 9:30 am Pilates Combo  Instructor: Yvonne	
	12:00 - 1:00 pm Body Sculpt  Instructor: Karina			12.00 - 1.00 pm Yogalates  Instructor: Karina	9:30 - 10:30 am Hot Classical Flow Yoga  Instructor: Tony	10.00 - 11:00 am Pilates by Melinda  Instructor: Melinda
12.00-1.00 pm Non Hot Pilates Combo  Instructor:Yvonne	5.00 - 6pm Circuit Class Non Hot StudioB  Instructor:Yvonne	12:00 - 1:00 pm Non Hot Hatha Flow Yoga  Instructor: Yvonne	12:00 - 1:00 pm Barre Pilates Combo  Instructor: Yvonne		10:45 - 11:45 am <b>Shape Evolution</b> NEW  Instructor: Marcela	
5:00 - 6:00 pm Hot Pilates  Instructor: Yvonne	5.00 - 6.00 pm Hot Pilates  Instructor: Amanda	5:00 - 6:00 pm Hot Circuit Class  Instructor: Yvonne	5:00 - 6:00 pm Hot Pilates  Instructor: Melinda	4.30pm -5.15pm Non Hot Yoga Kids&Teen Yoga  Instructor: Renu		
5:30 - 6:30 pm Group Personal Training  Sign up only - Studio B	5:00 - 6:00 pm Group Personal Training  Sign up only - Studio B	5:30 - 6:30 pm Group Personal Training  Sign up only - Studio B	5:30 - 6:30 pm Group Personal Training  Sign up only - Studio B	5:30 - 6:30 pm Hot Trifecta Pilates  Instructor - Olaf		5:30 - 6:30 pm Hot Pilates  Instructor: Angela
6:10 - 7:10 pm Hot Vinyasa Yoga  Instructor: Alex	6:10 - 7:10 pm Hot Hatha Flow Yoga  Instructor: Cristina	6:10 - 7:10 pm Non Hot Bar Pilates  Instructor: Yvonne	6:10 - 7:10 pm Hot Hatha Flow Yoga  Instructor : Linh	6:30 - 7:30 pm <b>Prenatal Yoga</b> NEW  Instructor- Afrinda		
6:30 - 7:30 pm Body Sculpt Studio B  Instructor: marcela		6:30 - 7:30 pm <b>Prenatal Yoga</b> NEW  Instructor- Afrinda	6:30 - 7:30 pm Classical Pilates Studio B  Instructor: Angela			
7:20 - 8:20 pm Hot Pilates  Instructor- Amanda	7:20 - 8:20 pm Hot Pilates  Instructor: Cristina	7:20 - 8:20 pm Hot Yin & Yang Flow Yoga  Instructor: Minja	7:20 - 8:20 pm Hot Pilates  Instructor: Amanda	7:00 - 8:00 pm Hot Hatha Flow Yoga  Instructor: Kelly		7:00 - 8:00 pm Hot Hatha Flow Yoga  Instructor: Amy
8:30 - 9:30 pm Hot Hatha Flow Yoga  Instructor: Amy	8:30 - 9:30 pm Hot Yin Yoga  Instructor: Minja	8:30 - 9:30 pm Hot Gentle Flow Yoga  Instructor: Michelle	8:30- 9:30 pm Mindful Movement Flow Yoga  Instructor: Michelle			

Please Note: Group Personal Training is a sign up only and not part of class packages.

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