








Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>May your Holidays be Balanced and Bright!</p>				<p>1</p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)</p>	<p>2</p> <p>8:00 - 9:00 am All Level Yoga (Tuula-M) 9:15 - 10:00 Core Barre (Karise-B) 9:15 - 10:15 Holy Yoga (Lynn-M)</p> 
<h2>NEW YEAR - NEW YOU 2018 BEGINS JANUARY 1ST</h2>					
<p>4</p> <p>6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B)</p>	<p>5</p> <p>6:15 Core Barre Plus (Anne-B) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)</p>	<p>6</p> <p>6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)</p>	<p>7</p> <p>6:15 Core Ball Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Karise-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne/Tuula-B)</p>	<p>8</p> <p>6 am Core Barre (Anne-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)</p>	<p>9</p> <p>8:00 - 9:00 am All Level Yoga (Tuula-M) 9:15 - 10:00 Core Barre (Lynn-B)</p>
<p>11</p> <p>On the 1st day of Christmas</p> <p>6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B)</p>	<p>12</p> <p>On the 2nd day of Christmas</p> <p>6:15 Core Barre Plus (Anne-B) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)</p>	<p>13</p> <p>On the 3rd day of Christmas</p> <p>6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)</p>	<p>14</p> <p>On the 4th day of Christmas</p> <p>6:15 Core Ball Plus (Anne-M) 1:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne/Tuula-B)</p>	<p>15</p> <p>On the 5th day of Christmas</p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)</p>	<p>16</p> <p>On the 6th day of Christmas</p> <p>8:00 - 9:00 am All Level Yoga (Lynn) 9:15 - 10:00 Core Barre (Lynn-B)</p>
<h2>BALANCED BODIES THRU THE HOLIDAYS</h2>					
<p>18</p> <p>On the 7th day of Christmas</p> <p>6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 6:30 Leadership meeting</p>	<p>19</p> <p>On the 8th day of Christmas</p> <p>6:15 Core Barre Plus (Anne-B) 11:10 Hard Core Ab (Emily-M) 12:10 pm Pilates Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)</p>	<p>20</p> <p>On the 9th day of Christmas</p> <p>6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)</p>	<p>21</p> <p>On the 10th day of Christmas</p> <p>6:15 Core Ball Plus (Anne-M) 1:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne/Tuula-B)</p>	<p>22</p> <p>On the 11th day of Christmas</p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly -M)</p>	<p>23</p> <p>On the 12th day of Christmas</p> <p>8:30-9:45 Christmas Slow Flow Holy Yoga (Lynn)</p> 
<p>25</p> <p>STUDIO CLOSED</p> 	<p>26</p> <p>6:15 Core Barre Plus (Anne-B) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)</p>	<p>27</p> <p>6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-30 minute Cardio Blast (Karise-M) 5:20 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)</p>	<p>28</p> <p>6:15 Core Ball Plus (Anne-M) 1:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 5:30 Pilates Basics (Anne/Tuula-B)</p>	<p>29</p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)</p>	<p>30</p> <p>8:00 - 9:00 am All Level Yoga (Lynn) 9:15 - 10:00 Core Barre (Karise-B)</p>