



B-Barre Studio
M-Mat Studio

August 2017

Reserve your mat &/or barre space today @
<https://clients.mindbodyonline.com>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IN 10 SESSIONS YOU WILL FEEL THE DIFFERENCE, IN 20 YOU WILL SEE THE DIFFERENCE & IN 30 YOU'LL HAVE A WHOLE NEW BODY! ~JOSEPH PILATES	1 6 am Pilates Fusion (Anne-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)	2 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) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	3 6 am Pound Rockout (Patsy-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Karise-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Pennie-B) 5:30 Pilates Basics (Tuula-M)	4 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)	5 8:00 am Yogilates Canyon Lake Lynn & Tuula 9:00 am Qi Fit - Gregg Old Story Book Island
10/20/30 Challenge August-September					
7 am Core Barre (Pennie-B) 6:45 Core & Restore (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 Week 5: Pilates 101 workshop (Tuula-CL) Putting it together	8 6 am Pilates Fusion (Anne-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)	9 6:00 am Hard Core Abs (Tuula-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	10 6 am Pound Rockout (Patsy-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Karise-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Pennie-B) 5:30 Pilates Basics (Tuula-M)	11 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates (Michelle-M) 12:10 pm Pilates + Pound (Tuula-M) 1:10 Restorative Yoga (Tuula-M)	12 8 am HOLY II YOGA Tuula Chapel in the Hills 9:00 am Qi Fit - Gregg Old Story Book Island 9:15 SUP/Canyon Lake
Are YOU in?!?!?					
14 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 Week 6: Pilates 101 workshop (Tuula-CL) Full Pilates Practice & decals	15 6 am Pilates Fusion (Anne-M) 6:45 Core & More (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)	16 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Karise-M) 12:10 pm Pilates + Weights (Tuula-M) 5:15-5:45 Cardio Blast (Karise-M) 5:20-5:50 Core Barre Lite (Kelly-B) 6:00 Restorative Yoga (Kelly-M)	17 6 am Pound Rockout (Patsy-M) 6:45 Core & More (Anne-M) 1:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 1:10 Qi Fit (Gregg-M) 4:30 Core Barre (Pennie-B) 5:30 Pilates Basics (Tuula-M)	18 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Karise-M) 1:10 Restorative Yoga (Kelly-M)	19 8:00 am Yogilates Canyon Lake Lynn 9:00 am Qi Fit - Gregg Old Story Book Island
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CORE CONNECTIONS
815 St. Joseph St. (Lower Level)
Rapid City, SD 57701
CoreWellnessRC.com



Control*Execute*Transform
Connecting Mind & Body-
BALANCE for Life!