

CORE CONNECTIONS - SCHEDULE AT A GLANCE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45 – 6:30 Fit Camp Pen & Jen			8:00-9:00 Yogilates Lynn & Tuula
6 – 6:45 am Core Barre Pennie	6 – 6:45 am Pilates Fusion Anne	6 – 6:45 am Core Barre Jen	6 – 6:45 am Pound Rockout Patsy	6 – 6:45 am Core Barre Pennie	
6:45 – 7:25 Core & Restore Jen	6 – 6:45 am Core & More Anne	6:45 – 7:25 Restorative Yoga Tuula	6 – 6:45 am Core & More Anne	6:45 – 7:25 Pilates Plus Tuula	
11:10 – 11:50 Pilates + Anne	11:10 – 11:50 Hard Core Abs Emily	11:10 – 11:50 Pilates Fusion Michelle	11:10 – 11:50 Hard Core Abs Emily	11:10 – 11:50 Pilates + Michelle	9:15-10:15 Fit Camp Tuula
12:10-12:50 pm Core & Restore Tuula	12:10-12:50 pm Core Barre Fusion Tuula	12:10-12:50 pm Pilates + Weights Tuula	12:10-12:50 pm Pi-Yo Tuula	12:10-12:50 pm Power Flow Yoga/Pound Tuula	
1:10-1:50 Restorative Yin Yoga			1:10-1:50 Qi Fit - Gregg	1:10-1:50 Restorative Yoga *Alt: Kelly/Tuula	
5:30-6:15 Core Barre Karise	5:30-6:15 Pound Rockout Patsy	5:15-5:45 Pilates Fusion Karise	4:30-5:15 Core Barre Pennie	4:30-5:15 Fit Camp Anne	
5:30 Workshops/ Fit Camps Tuula	5:30-6:30 All Level Yoga Lynn	5:20-5:50 Core Barre Lite Kelly	5:30-6:15 Pilates Basics Tuula		
		6:00-6:45 Restorative Yoga/Kelly			