B-Barre Studio
M-Mat Studio

MAY 2018

Reserve your mat &/or barre space today @ MINDBODY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Tuula-B) *12:10 Pi-Yo (Melissa -M) 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) 1:10 pm Roll & Restore (Tuula-M) 5:10 Step & Strength (Emily-M) *5:30 Core Barre (Missy-B)	3 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) *12:10 Core Barre (Melissa-B) 5:30 Pilates/Barre (Lynn-B)	4 6 am Core Barre (Pennie -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + ((Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) *12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	5 Cinco de Mayo 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Qigong (Gregg-M)
7 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 (Anne-B) 5:30 FFS Fit Camp (Tuula)	8 6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Tuula-B) *12:10 Pi-Yo (Melissa -M) 5:30 All Level Yoga (Lynn-M)	9 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) 1:10 pm Roll & Restore (Tuula-M) 5:10 Step & Strength (Emily-M) *5:30 Core Barre (Missy-B)	10 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) *12:10 Core Barre (Melissa-B) 5:30 Pilates/Barre (Lynn-B)	11 6 am Core Barre (Penne -B) 6:45 Pilates + Weights (Anne-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Melissa-M) *12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	MOTHERS DAY WEEKEND INVITE YOUR MOMMAS 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Core Barre (Anne-B)
14 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Lynn-B) 5:30 FFS Fit Camp (Tuula)	15 6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Tuula-B) *12:10 Pi-Yo (Melissa-M) 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 (Melissa-M) 12:10 pm Pilates + Weights (Tuula-M) 1:10 pm Roll & Restore (Tuula-M) 5:10 Step & Strength (Emily-M) *5:30 Core Barre (Missy-B)	17 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) *12:10 Core Barre (Melissa-B) 5:30 Pilates/Barre (Lynn-B)	18 6 am Core Barre (Pennie -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) *12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	19 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Step & Strength (Emily-M) 10:30 SPRING CLOTHING EXCHANGE
21 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 (Anne-B) 5:30 FFS Fit Camp (Tuula) 6:30 Leadership meeting	22 6:00 am Core Barre Plus (Anne-B) 6:45 Restorative Yoga (Anne-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Tuula-B) *12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	23 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) 1:10 pm Roll & Restore (Tuula-M) 5:10 Step & Strength (Emily-M) *5:30 Core Barre (Missy-B)	24 6:00 Core Ball Plus (Jen-M) 6:45 Pilates Plus (Tuula-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) *12:10 Core Barre (Melissa-B) 5:30 Pilates/Barre (Lynn-B)	25 6 am Core Barre (Jen -B) 6:45 Pilates + Weights (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Melissa-M) *12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	26 MEMORIAL DAY WEEKEND STUDIO CLOSED **#CoreSummerChallenge** thru Labor Day Weekend
28 MEMORIAL DAY STUDIO CLOSED "STRIKE A POSE"	29 6:00 am Core Barre Plus (Jen-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre (Missy-B) *12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	30 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) *1:10 pm Roll & Release (Tuula-M) *5:10 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	31 6:00 Core Ball Plus (Jennifer-M) 6:45 Pilates Plus (Tuula-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo ((Tuula-M) *12:10 Core Barre (Melissa-B) 5:30 Pilates/Barre Basics (Lynn-B)		

CORE CONNECTIONS
815 St. Joseph St. (Lower Level)
Rapid City, SD 57701
CoreWellnessRC.com

Find us on Facebook

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