

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Yogilates begins Saturday, June 3rd at Canyon Lake - 8 am</b> <b>Holy Yoga at Chapel in the Hills June 10th &amp; 24th - 8 am</b> <b>Sunday Savasana June 4th &amp; 18th - 6 pm</b></p>					
<p><b>5</b></p> <p>6 am Core Barre (Pennie-B) 6:45 Core &amp; Restore (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Core &amp; Restore (Tuula-M) 1:10 Restorative Yoga (Darren-B) 5:30 Core Barre (Karise-B) 5:30 FIT FOR SUMMER (Tuula-M)</p>	<p><b>6</b></p> <p>6 am Pilates Fusion (Anne-M) 6:45 Core &amp; More (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)</p>	<p><b>7</b></p> <p>5:45 FIT FOR SUMMER (Jen/Pen M/B) 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)</p>	<p><b>8</b></p> <p>6 am Pound Rockout (Patsy-M) 6:45 Core &amp; 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)</p>	<p><b>9</b></p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates (Michelle-M) B12:10 pm Pound Pilates (Tuula-M) 1:10 Restorative Yoga (Tuula-M) 4:30 FIT FOR SUMMER (Anne-Fish)</p>	<p><b>10</b></p> <p>8 am HOLY YOGA - Tuula Stavkirk/Chapel in the Hills 9:15 FIT FOR SUMMER (Tuula-TBD) <b>Sunday the 4th @ 6 pm</b> Restorative Yoga</p>
<p><b>12</b></p> <p>6 am Core Barre (Pennie-B) 6:45 Core &amp; Restore (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Core &amp; Restore (Tuula-M) 1:10 Restorative Yoga (Darren-B) 5:30 Core Barre (Karise-B) 5:30 FIT FOR SUMMER (Tuula-M) 6:30 Leader Meeting</p>	<p><b>13</b></p> <p>6 am Pilates Fusion (Anne-M) 6:45 Core &amp; More (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout (Patsy-B) 5:30 All Level Yoga (Lynn-M)</p>	<p><b>14</b></p> <p>5:45 FIT FOR SUMMER (Jen/Pen M/B) 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)</p>	<p><b>15</b></p> <p>6 am Pound Rockout Patsy-M) 6:45 Core &amp; 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)</p>	<p><b>16</b></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) 4:30 FIT FOR SUMMER (Anne-Fish)</p>	<p><b>17</b></p> <p>8:00 am Yogilates Tuula &amp; Lynn Canyon Lake 9:15 FIT FOR SUMMER (Tuula-TBD) <b>Happy Father's Day</b> <b>SUNDAY THE 18th @ 6 pm</b> Yin Yoga with live music (Darren &amp; Mike-M)</p>
<p><b>19</b></p> <p>6 am Core Barre (Pennie-B) 6:45 Core &amp; Restore (Jen-M) 11:10 Pilates + (Anne-M) 12:10 pm Core &amp; Restore (Tuula-M) 1:10 Restorative Yoga (Darren-B) 5:30 Core Barre (Karise-B) 5:30 FIT FOR SUMMER (Tuula-M)</p>	<p><b>20</b></p> <p>6 am Pilates Fusion (Anne-M) 6:45 Core &amp; More (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pilates + Weights (Karise-B) 5:30 All Level Yoga (Lynn-M)</p>	<p><b>21</b></p> <p>5:45 FIT FOR SUMMER (Jen/Pen M/B) 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) 5:20-6:00 Restorative Yoga (Kelly-M)</p>	<p><b>22</b></p> <p>6 am Pound Rockout (Tuula-M) 6:45 Core &amp; More (Anne-M) 1:10 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 (Anne-M)</p>	<p><b>23</b></p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + Michelle-M) 12:10 pm Pound Pilates (Tuula-M) 1:10 Restorative Yoga (Kelly-M) 4:30 Fit Camp (Anne)</p>	<p><b>24</b></p> <p>8 am HOLY YOGA - Lynn Stavkirk/Chapel in the Hills 9:15 FIT FOR SUMMER (Tuula-TBD) LAST HU-RAH</p>
<p><b>26</b></p> <p>6 am Core Barre (Pennie-B) 6:45 Core &amp; Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core &amp; Restore (Tuula-M) 1:10 Restorative Yoga (Darren-B) 5:30 Core Barre (Karise-B)</p>	<p><b>27</b></p> <p>6 am Pilates Fusion (Karise-M) 6:45 Core &amp; More (Karise-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Pound Rockout WO (Patsy-B) 5:30 All Level Yoga (Lynn-M)</p>	<p><b>28</b></p> <p>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)</p>	<p><b>29</b></p> <p>6 am Pound Rockout (Patsy-M) 6:45 Core &amp; More (Michelle-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 (Anne-M)</p>	<p><b>30</b></p> <p>6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + Bands (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Tuula-M)</p>	<p><b>JULY 1st</b></p> <p><b>Studio Closed thru July 4th</b> <b>STRIKE A POSE &amp; ENJOY YOUR L.O.N.G WEEKEND!</b></p>