



B-Barre Studio
M-Mat Studio

APRIL 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 6 am Core Barre (Jen-B) 6:45 Core & Restore (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Anne-B) 5:30 FIT FOR SUMMER BEGINS	3 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 Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)	4 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 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) 5:30 Pilates/Barre Basics (Lynn-B) 5:30 Leadership Training	6 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) 1:10 Restorative Yoga (Kelly-M)	7 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 FIT FOR SUMMER 9:15 - 10:00 Core Barre Fusion (Jen-B)
9 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)	10 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) 5:30 All Level Yoga (Lynn-M)	11 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)	12 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-Mat) 5:30 Pilates/Barre Basics (Lynn-B) 5:30 Leadership Training	13 6 am Core Barre (Jen -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	14 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Pilates Plus (Michelle-B)
16 6 am Core Barre (Anne-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Lynn-B) 5:30 FFS Fit Camp (Tuula) 6:30 Leadership meeting	17 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 Fusion (Tuula-M) 5:30 All Level Yoga (Lynn-M)	18 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)	19 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) 5:30 Pilates/Barre Basics (Lynn-B) 5:30 Leadership Training	20 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) 1:10 Restorative Yoga (Kelly-M)	21 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Core Barre Plus (Anne-B)
23 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)	24 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 (Missy-B) 5:30 All Level Yoga (Lynn-M)	25 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 (Erin-B)	26 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 ((Melissa-M) 5:30 Pilates/Barre Basics (Lynn-B)	27 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) 1:10 Restorative Yoga (Kelly-M)	28 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 FFS Fit Camp 9:15 - 10:00 Step & Strength (Emily-B)
30 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 (Lynn-B) 5:30 FFS Fit Camp (Tuula)					

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



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