



B-Barre Studio
M-Mat Studio
Live - Remote

March 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Core Barre 101 6 week workshop series begins March 15th					
5	6	7	8	9	10
6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-Live) 5:30 Core Barre (Karise-B) 5:30 NNYN Fit Camp (Tuula)	6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Pilates + Weights (Tuula-Live) 5:30 All Level Yoga (Lynn-M)	6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Restorative Yoga (Kelly-M)	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-Live) 5:30 Pilates/Barre Basics (Lynn-B)	6 am Core Barre (Jen -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates (Anne-M) 12:10 pm Power Flow Yoga (Tuula-Live) 1:10 Restorative Yoga (Kelly-M)	8:00 - 9:00 am All Level Yoga (Tuula-M) 9:15 - 10:00 NNYN Fit Camp (Tuula-M) 9:15 - 10:00 Core Barre Fusion (Jen -B)
12	13	14	15	16	17
6 am Core Barre (Anne-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-Live) 5:30 Core Barre (Karise-B) 5:30 NNYN Fit Camp (Tuula)	6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Pilates + Weights (Tuula-Live) 5:30 All Level Yoga (Lynn-M)	6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Restorative Yoga (Kelly-M)	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-Live) 5:30 Pilates/Barre Basics (Lynn-B) 5:30 Core Barre 101 WS (Tuula-M)	6:00 am Pen 7:00 Tuula 8:00 Anne 11:00 Jen 12:00 pm Tuula 1:00 Jen 4:30 Pen 5:30 Tuula Followed by Murphy's	St Patty's Day 8:00 - 9:00 am All Level Yoga (Tuula-M) 9:15 - 10:00 NNYN Fit Camp (Tuula-M) 9:15 - 10:00 Holy Yoga (Lynn - B)
19	20	21	22	23	24
6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-Live) 5:30 Core Barre (Pen-B) 5:30 NNYN Fit Camp (Tuula) 6:30 Leadership meeting	6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Pilates + Weights (Tuula-Live) 5:30 All Level Yoga (Lynn-M)	6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Restorative Yoga (Kelly-M)	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-Live) 5:30 Pilates/Barre Basics (Lynn-B) 5:30 Core Barre 101 WS (Tuula-M)	6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Tuula-Live) 1:10 Restorative Yoga (Tuula-M)	8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 NNYN Fit Camp (Tuula-M) 9:15 - 11:15 (Last Hu-rah) Core Barre (Lynn - B)
26	27	28	29	30	31
6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-Live) 5:30 Core Barre (Anne-B)	6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Pilates + Weights (Tuula-Live) 5:30 All Level Yoga (Lynn-M)	6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core Barre Fusion (Tuula-M) 5:30 Restorative Yoga (Kelly-M)	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-Live) 5:30 Pilates/Barre Basics (Lynn-B) 5:30 Core Barre 101 WS (Tuula-M)	30 Good Friday 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Anne-M) 12:10 pm Power Flow Yoga (Tuula-Live) 1:10 Restorative Yoga (Kelly-M)	Closed for Easter

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



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