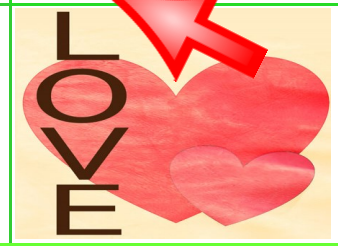
B-Barre Studio
M-Mat Studio

February 2019

Reserve your mat &/or barre space today @ MINDBODY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6 am Core Barre (Penne -B) 6:45 Pilates Fusion (Tuula-M) 11:10 HIIT Pilates (Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Cardio Blast (Missy-M)	**2** Leadership Conference **STUDIO CLOSED**
4 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Melissa-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 New Year-New You Mind/Body Breakthrough	5 6:00 am Core Barre + (Pennie-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Pi-Yo (Tuula) 4:30 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	**6** 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 12:52 Open Savasana (YoSelf-B) 5:30 Core Barre (Missy-B)	**7** 66:00 Pilates + (Karise-M) 6:45 Core Barre (Tuula-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 4:30 Core Barre Pi-Yo (Tuula-M) 5:30 Yogilates (Lynn-B)	**8** 6 am Core Barre (Jen -B) 6:45 Pilates Fusion (Tuula-M) 11:10 HIIT Pilates (Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Cardio Blast (Missy-M)	**9** All Level Yoga (Lynn-M) 9:15 - 10:00 Kettlebell Training (Lynn-M) 9:15-10 New Year-New You Mind/Body Breakthrough
11 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 (Karise-B) 5:30 New Year-New You Mind/Body Breakthrough	**12** 6:00 am Core Barre + (Anne-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Pi-Yo (Tuula) 4:30 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	**13** 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 12:52 Open Savasana (YoSelf-B) 4:45 HIIT Pilates (Emily-M) 5:30 Core Barre (Missy-B)	**14** Happy Valentines Day 6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 4:30 Core Barre Pi-Yo (Tuula-M) 5:30 Yogilates (Lynn-B)	**15** 6 am Core Barre (Jen-B) 6:45 Pilates Fusion (Tuula-M) 11:10 HIIT Pilates (Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Cardio Blast (Missy-M)	**16** 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pilates + (Karise-M) 9:15-10 New Year-New You Mind/Body Breakthrough
18 6 am Core Barre (Anne-B) 6:45 Core & Restore (Melissa -M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B) 5:30 New Year-New You Mind/Body Breakthrough 6:30 Leadership meeting	**19** 6:00 am Core Barre + (Anne-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Pi-Yo (Tuula) 4:30 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	**20** 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 12:52 Open Savasana (YoSelf-B) 5:30 Core Barre (Missy-B) 6:	**21** 6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 4:30 Core Barre Pi-Yo (Tuula-M) 5:30 Yogilates (Lynn-B)	**22** 6 am Core Barre (Pennie-B) 6:45 Pilates Fusion (Tuula-M) 11:10 HIIT Pilates (Emily-M) 12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Cardio Blast (Missy-M)	**23** 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pi-Yo (Melissa-M) 9:15-10 New Year-New You Mind/Body Breakthrough
25 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 (Karise-B) 5:30 New Year-New You Mind/Body Breakthrough	**26** 6:00 am Core Barre + (Anne-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Pi-Yo (Tuula) 4:30 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	**27** 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 12:52 Open Savasana (YoSelf-B) 4:45 HIIT Pilates (Emily-M) 5:30 Core Barre (Missy-B)	**28** 6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 4:30 Core Barre Pi-Yo (Tuula-M) 5:30 Yogilates (Lynn-B)		

Slogan Contest winner announced

CORE CONNECTIONS
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Find us on Facebook

Instagram

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