



B-Barre Studio
M-Mat Studio

March 2019

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Make it a March MATness Kinda Month!					
				1	2
				6 am Core Barre (Penne -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Fusion (Michelle-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)	8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Kettlebell training (Lynn-M) 9:15-10 New Year-New You Mind/Body Breakthrough
4	5	6	7	8	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) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) 5:30 New Year-New You Mind/Body Breakthrough	6:00 am Core Barre + (Anne-B) 6:45 Core Barre + Stretch (Anne-B) 11:10 Hard Core Ab (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula) 4:30 Pi-Yo (Melissa) 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 Pilates Plus (Tuula-M) 12:52 Open Savasana (YoSelf-B) 5:30 Core Barre (Missy-B)	6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M) 5:30 Yogilates (Lynn-B)	6 am Core Barre (Penne -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Fusion (Michelle-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)	8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Power Flow Yoga (Missy-M) 9:15-10 New Year-New You Mind/Body Breakthrough
ST. PATTY'S DAY BARRE CRAWL					
11	12	13	14	15	16
6 am BARRE CRAWL (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm BARRE CRAWL (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 BARRE CRAWL (Karise-B) 5:30 New Year-New You Mind/Body Breakthrough 6:00 Leadership Practice Play 6:30 Leadership meeting	6:00 am BARRE CRAWL (Anne-B) 6:45 Core Barre + Stretch (Anne-B) 12:10 pm BARRE CRAWL (Tuula) 4:30 BARRE CRAWL (Melissa) 5:30 All Level Yoga (Lynn-M)	6:00 am BARRE CRAWL (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm BARRE CRAWL (Tuula-M) 12:52 Open Savasana (YoSelf-B) 5:30 BARRE CRAWL (Missy-B)	6:00 Pilates + (Anne-M) 6:45 BARRE CRAWL (Anne-B) 11:10 BARRE CRAWL (Melissa-B) 12:10 pm Pi-Yo (Tuula-M) 4:30 BARRE CRAWL (Tuula-M) 5:30 Yogilates (Lynn-B)	6 am BARRE CRAWL (Penne -B) 6:45 Pilates Fusion (Anne-M) 11:10 BARRE CRAWL (Melissa-M) 12:10 pm Power Flow Yoga (Karise-M) 12:10 BARRE CRAWL (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Cardio Blast (Missy-M)	8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 BARRE CRAWL (Karise-M/B)
18	19	20	21	22	23
6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Melissa-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B)	6:00 am Core Barre + (Anne-B) 11:10 Hard Core Ab (Michelle-M) 12:10 pm Core Barre Pi-Yo (Missy-M) 4:30 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Anne-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Karise-M) 5:30 Core Barre (Missy-B)	6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-B) 12:10 pm Pi-Yo (Missy-M) 5:30 Yogilates (Lynn-B)	6 am Core Barre (Penne -B) 6:45 Pilates Fusion (Anne-M) 11:10 Pilates Fusion (Michelle-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M) 5:30 Cardio Blast (Missy-M)	:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pilates Plus (Tammy-M)
25	26	27	28	29	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) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B)	6:00 am Core Barre + (Anne-B) 6:45 Core Barre + Stretch (Anne-B) 11:10 Hard Core Ab (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula) 4:30 Pi-Yo (Melissa) 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 Pilates Plus (Tuula-M) 12:52 Open Savasana (YoSelf-B) 5:30 Core Barre (Missy-B)	6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M) 5:30 Yogilates (Lynn-B)	6 am Core Barre (Penne -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Fusion (Michelle-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)	8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Kettlebell training (Missy-M)

CORE CONNECTIONS

815 St. Joseph St. (Lower Level)

Rapid City, SD 57701

CoreWellnessRC.com



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