



B-Barre Studio
M-Mat Studio

April 2019

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 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 Step Express (Tuula-M)	2 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	3 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) 5:30 Core Barre (Missy-B)	4 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M/B) 5:30 Yogilates (Lynn-B)	5 6 am Core Barre (Pennie -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 Step Express (Missy-M)	6 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Kettlebell training (Lynn-M)
8 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 Step Express (Tuula-M)	9 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	10 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) 5:30 Core Barre (Missy-B)	11 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M/B) 5:30 Yogilates (Lynn-B)	12 6 am Core Barre (Pennie -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 Step Express (Missy-M)	13 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pi-Yo (Karise - M) 10:30
15 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 Step Express (Tuula-M)	16 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	17 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) 5:30 Core Barre (Missy-B)	18 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Tuula-M/B) 5:30 Yogilates (Lynn-B)	19 Good Friday 6 am Core Barre (Jen -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M) 5:30 No practice offering	20 EASTER WEEKEND STUDIO CLOSED 
22 6 am Core Barre (Jen-B) 6:45 Core & Restore (Jen -M) 11:10 Pilates + (Melissa-M) 12:10 pm Core & Restore (Melissa-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Leadership Practice Play 5:30 Core Barre (Karise-M) 6:30 Leadership meeting	23 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	24 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) 5:30 Core Barre (Missy-B)	25 6:00 Pilates Plus (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo Melissa C-M/B) 5:30 Yogilates (Missy-B) 5-7 pm of Research Event @ Regional Health Ortho & Specialty Hospital	26 6 am Core Barre (Pennie -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 Step Express (Missy-M)	27 :00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Step Express (Missy-M)
28 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 Step Express (Tuula-M)	29 6:00 am Core Barre (Anne-B) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Tuula-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Melissa M) 5:30 All Level Yoga (Lynn-M)	30 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) 5:30 Core Barre (Missy-B)	April Showers bring  May Flowers	And doTERRA & Chair Yoga for the office Professional	

Core Connections Pilates, Yoga & Barre
 815 SE Joseph St., Ste 1 (Lower Level)
 Rapid City, SD 57701
 CoreWellnessRC.com



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