B-Barre Studio
M-Mat Studio

September 2018

Reserve your mat &/or barre space today @ MINDBODY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
september is national yogamonth		manduka project:OM Benefiting Susan G. Komen			**1** Labor Day Weekend STUDIO CLOSED **STRIKE A POSE**
3 Labor Day STUDIO CLOSED **STRIKE A POSE**	4 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) 12:10 Pi-Yo (Melissa -M) *5:30 All Level Yoga (Lynn-M)	5 6:00 am Hard Core Abs (Jen-M) *6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)362	6 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	7 6 am Core Barre (Penne -B) 6:45 Pilates + Weights (Anne-M) 11:10 Pilates + (Emily-M) *12:10 pm Power Flow Yoga (Lynn-M) 12:10 Core Barre (Missy-B) *1:10 Restorative Yoga (Kelly-M)	**8** *** 8:00 - 9:00 am** **Yoga (Lynn-M)** 9:15 - 10:00 Pilates Plus (Michelle-M)
10 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)	11 6:00 am Core Barre Plus (Anne-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Michelle-M) 12:10 pm Core Barre Fusion (Tuula) 12:10 Pi-Yo (Melissa-M) *5:30 All Level Yoga (Lynn-M)	12 6:00 am Hard Core Abs (Anne-M) *6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates Plus (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	13 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	14 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) 12:10 Core Barre (Missy-B) *1:10 Restorative Yoga (Kelly-M)	**15** **ProjectOM** 8 - 12 **8 practice offerings** ***See MindBody for full schedule*** **PRE-FIT CAMP ASSESSMENTS** *Times TBD after 1 pm*
17 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 BARE SO HARD FIT CAMP CLEASE** 6:30 Leadership meeting	18 6:00 am Core Barre Plus (Tuula-B) 6:45 Qigong (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula) 12:10 Pi-Yo (Melissa-M) *5:30 All Level Yoga (Lynn-M)	19 **6 AM BARRE SO HARD FIT CAMP** 6:00 am Hard Core Abs (Jen-M) *6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Missy--M) 12:10 pm Pilates Plus (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	20 6:00 Core Ball Plus (Jen-M) 6:45 Pilates Plus (Tuula-M) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	21 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) 12:10 Core Barre (Missy-B) *1:10 Restorative Yoga (Kelly-M)	**22** *** 8:00 - 9:00 am** **Yoga (Lynn-M)** 9:15 - 10:00 Kettlebell Training (Lynn-M)
24 6 am Core Barre (Jen--B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B)	25 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) 12:10 Pi-Yo (Melissa-M) *5:30 All Level Yoga (Lynn-M)	26 **6 AM BARRE SO HARD FIT CAMP** 6:00 am Hard Core Abs (Jen-M) *6:45 Slow Flow Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Missy-M) 12:10 pm Pilates Plus (Tuula-M) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	27 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	28 6 am Core Barre (Pennie-B) 6:45 Pilates + Weights (Jen-M) 11:10 Pilates + (Emily-M) *12:10 pm Power Flow Yoga (Tuula-M) 12:10 Core Barre (Missy-B) *1:10 Restorative Yoga (Kelly-M)	**29** *** 8:00 - 9:00 am** **Yoga (Lynn-M)** 9:15 - 10:00 Pi-Yo (Melissa-M)

*** FREE YOGA ON TUESDAY pm's, WEDNESDAY am's, FRIDAY (x's 2) pm's & SATURDAY'S am's * (excludes ProjectOM)**

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Find us on Facebook

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