



B-Barre Studio
M-Mat Studio

OCTOBER 2018

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 + (Melissa-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Missy-B) 5:30 BARRE SO HARD FIT CAMP	2 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 Fusion (Tuula) 12:10 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	3 6 AM BARRE SO HARD FIT CAMP 6:00 am Hard Core Abs (Jen-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Melissa-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)	4 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) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	5 6 am Core Barre (Penne -B) 6:45 Pilates Fusion (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)	6 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 KB Training (Lynn-M)
8 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Michelle/Emily-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Melissa-B) 5:30 BARRE SO HARD FIT CAMP	9 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 Fusion (Tuula) 12:10 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	10 6 AM BARRE SO HARD FIT CAMP 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle/Melissa) 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)	11 6:00 Pilates + (Anne-M) 6:45 Core Barre (Anne-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Missy-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	12 6 am Core Barre (Penne -B) 6:45 Pilates Fusion (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)	13 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pilates Fusion (Anne-M)
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) 5:30 Core Barre (Melissa-B) 6:30 Leadership meeting 5:30 BARRE SO HARD FIT CAMP	16 6:00 am Core Barre + (Jen-B) 6:45 Tai Chi (Gregg-M) 11:10 Hard Core Ab (Emily-M) 12:10 pm Core Barre Fusion (Tuula) 12:10 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	17 6 AM BARRE SO HARD FIT CAMP 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) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	18 6:00 Pilates + (Jen-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) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	19 6 am Core Barre (Jen-B) 6:45 Pilates Fusion (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)	20 8:00 - 9:00 am All Level Yoga (Tuula-M) 9:15 - 10:00 Power Flow Yoga (Tuula-M)
22 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 (Missy-B) 5:30 BARRE SO HARD FIT CAMP	23 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 Fusion (Tuula) 12:10 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	24 6 AM BARRE SO HARD FIT CAMP 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) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	25 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) 5:15 Pound Rockout Workout (Jen-M) 5:30 Core Barre (Lynn-B)	26 6 am Core Barre (Pennie-B) 6:45 Pilates Fusion (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)	27 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pilates + (Missy-B)
29 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Missy-B) 5:30 BARRE SO HARD FIT CAMP	30 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 Fusion (Tuula) 12:10 Pi-Yo (Melissa) 5:30 All Level Yoga (Lynn-M)	31 Happy Halloween 6 AM BARRE SO HARD FIT CAMP 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) 1:00-1:30 Roll & Restore (Tuula-M) 5:15 Step & Strength (CANCELLED) 5:30 Core Barre (CANCELLED)			

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



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