

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 8:30 Pi-Yo (Melissa - M/B) 11:10 Hard Core Abs (Karise-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Tuula-M) 5:30 All Level Yoga (Lynn-M)	4 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-M/B)	5 6:00 Pi-Yo (Anne-M) 6:45 Core Barre (Anne-B) 8:30 Pilates Plus (Tuula-M/B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Missy-B) 5:30 Yogilates (Lynn-B)	6 6 am Core Barre (Pennie -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	7 8 am All Level Yoga (Lynn-Mat studio) 9:15 Warm Yin Yoga (Tuula-B)
9 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Missy-B)	10 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 8:30 Pi-Yo (Melissa - M/B) 11:10 Hard Core Abs (Karise-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Tuula-M) 5:30 All Level Yoga (Lynn-M)	11 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) 5:30 Core Barre (Karise-M/B)	12 6:00 Pi-Yo (Anne-M) 6:45 Core Barre (Anne-B) 8:30 Pilates Plus (Tuula-M/B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Missy-B) 5:30 Yogilates (Lynn-B)	13 6 am Core Barre (Jen -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Melissa-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M) 5:30 Summer Nights 2019 Volunteer Party @ Robinsdale Lounge	14 8 am All Level Yoga (Lynn-Mat studio) 9:15 Core Barre (Missy-B) 5:30 pm Muscle Walk of RC 
NATIONAL YOGA MONTH - FREE "YO" ALL MONTH!					
16 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Membership "round mat" meeting 6:15 Leadership meeting	17 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 8:30 Pi-Yo (Melissa - M/B) 11:10 Hard Core Abs (Karise-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Tuula-M) 5:30 All Level Yoga (Lynn-M)	18 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) 5:30 Core Barre (Missy-M/B)	19 HIKE & BREWS  6:00 Pi-Yo (Anne-M) 6:45 Core Barre (Anne-B) 8:30 Pilates Plus (Tuula-M/B) 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Missy-B) 5:30 HIKE & BREWS	20 6 am Core Barre (Jen -B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Karise-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	21 8 am All Level Yoga (Lynn-Mat studio) 9:15 Pi-Yo (Karise-B)
10/20/30 CHALLENGE Aug-Sept					
23 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) (	24 6:00 am Pi-Yo (Anne-B) 6:45 Pilates Plus (Anne-M) 8:30 Pi-Yo (Melissa - M/B) 11:10 Hard Core Abs (Karise-M) 12:10 pm Core Barre Pi-Yo (Tuula M/B) 4:30 Pi-Yo (Tuula-M) 5:30 All Level Yoga (Lynn-M)	25 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) 5:30 Core Barre (Missy-M/B)	26 6:00 Pi-Yo (Anne-M) 6:45 Core Barre (Anne-B) 8:30 ??? 11:10 Core Barre Pi-Yo (Melissa-M/B) 12:10 pm Pi-Yo (Tuula-M) 4:30 Core Barre Pi-Yo (Missy-B) 5:30 Yogilates (Lynn-B)	27 6 am Core Barre (Anne-B) 6:45 Pilates Fusion (Tuula-M) 11:10 Pilates Sweat (Michelle-M) 12:10 pm Power Flow Yoga (Tuula-M) 1:10 Restorative Yoga (Kelly-M)	28 8 am All Level Yoga (Lynn-Mat studio) 9:15 Pound Rockout Workout (Lori-B)
30 FIT FOR FALL - Week 1 6 am Core Barre (Pennie-B) 6:45 Core & Restore (Jen-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 4:30 Restorative Tai Chi (Gregg-M) 5:30 Core Barre (Karise-B) 5:30 FIT FOR FALL-POUND ROCKOUT (Tuula, Jen & Lori) 	 Sunday, 9/29 Sioux Falls SD Susan G. Komen MORE THAN PINK			In 10 (TEN) sessions you will <i>FEEL</i> the difference. In 20 (TWENTY) sessions you will <i>SEE</i> the difference. In 30 (THIRTY) sessions YOU will have a	OCTOBER 5 9:15 FIT FOR FALL - Week 1 KETTLEBELLS (Tuula & Lynn)