



B-Barre Studio
M-Mat Studio

March 2019

Reserve your mat &/or barre space today @



Make it a March MATness Kinda Month!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p>PILATES For pain prevention & management Saturday March 30th, 9-11</p>		<p>1</p> <p>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)</p>	<p>2</p> <p>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</p>
<p>4</p> <p>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</p>	<p>5</p> <p>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)</p>	<p>6</p> <p>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)</p>	<p>7</p> <p>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)</p>	<p>8</p> <p>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)</p>	<p>9</p> <p>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</p>
<p>ST. PATTY'S DAY BARRE CRAWL</p>					
<p>11</p> <p>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</p>	<p>12</p> <p>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)</p>	<p>13</p> <p>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)</p>	<p>14</p> <p>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)</p>	<p>15</p> <p>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)</p>	<p>16</p> <p>8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 BARRE CRAWL (Karise-M/B)</p>
<p>18</p> <p>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)</p>	<p>19</p> <p>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)</p>	<p>20</p> <p>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)</p>	<p>21</p> <p>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)</p>	<p>22</p> <p>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)</p>	<p>23</p> <p>:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pilates Plus (Tammy-M)</p>
<p>25</p> <p>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)</p>	<p>26</p> <p>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)</p>	<p>27</p> <p>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)</p>	<p>28</p> <p>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)</p>	<p>29</p> <p>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)</p>	<p>30</p> <p>8:00 - 9:00 am All Level Yoga (Lynn-M) 9:00 - 1:00 Pilates for Pain Relief 9:15 - 10:00 Kettlebell training (Missy-M)</p>

CORE CONNECTIONS

315 St. Joseph St. (Lower Level)
Rapid City, SD 57701
CoreWellnessRC.com



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