

B-Barre Studio  
M-Mat Studio

# NOVEMBER 2018

Reserve your mat &/or barre space today @



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 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) 5:30 Yogilates (Lynn-B)	2 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) 5:30-6 30 min Cardio Blast (Missy-M)	3 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Kettlebell training (Lynn-M)
5 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 BARRE SO HARD FIT CAMP	6 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)	7 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)	8 6:00 Pilates + (Jen-M) 6:45 Core Barre (Tuula-B) 11:10 Hard Core Abs (Emily-M) 12:10 pm Pi-Yo (Missy-M) 12:10 Core Barre (Melissa-B) 5:30 Yogilates (Lynn-B)	9 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) 5:30 Cardio Blast (Missy-M)	10 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Power Flow (Melissa-M)
12 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) 6:30 Leadership meeting	13 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)	14 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 (Missy-M)	15 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) 5:30 Yogilates (Lynn-B)	16 6 am Core Barre (Melissa-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) 5:30 Cardio Blast (Missy-M)	17 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Pound Rockout (Tuula-M) 10:30 Fall Clothing Exchange
19 <b>BALANCED BODIES THRU THE HOLIDAYS 11/19-1/1</b> 6 am Core Barre (Jen-B) 6:45 Core & Restore (Tuula-M) 11:10 Pilates + (Michelle-M) 12:10 pm Core & Restore (Tuula-M) 5:30 Core Barre (Karise-B)	20 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)	21 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)	22 7 am Thanksgiving Holy Yoga 	23 Limited practice options 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)	24 8:00 - 9:00 am All Level Yoga (Lynn-M) 9:15 - 10:00 Tai Chi (Gregg-M)
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**CORE CONNECTIONS**  
815 St. Joseph St. (Lower Level)  
Rapid City, SD 57701  
CoreWellnessRC.com



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