

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 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) *7 pm Holy Yoga (Lynn) <i>1st Monday of each month</i>	3 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 (Tuula-B) 12:10 Pi-Yo (Melissa -M)	4  STRIKE A POSE STUDIO CLOSED Happy 4th of July!	5 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Pilates/Barre (Lynn-B)	6 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)	7 8:00 - 9:00 am Yogilates (Tuula-CL) 9:00 - 9:45 QiGong (Gregg - SBI) 9:15 - 10:00 Pilates Fusion (Tuula-M)
9 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)	10 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 (Tuula-B) 12:10 Pi-Yo (Melissa -M) 5:30 All Level Yoga (Lynn-M)	11 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Michelle-M) 12:10 pm Pilates + (Tuula-M) 1:10 pm Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	12 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Pilates/Barre (Lynn-B)	13 6 am Core Barre (Penne -B) 6:45 Pilates + Weights (Tuula-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Karise-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	14 8:00 - 9:00 am Restorative Yoga (Kelly-mat studio) 9:15 - 10:00 QiGong (Gregg - SBI) 9:15 - 10:00 Pound Rockout Workout (Jen-M)
#CoreSummerChallenge					
16 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 (Karise-B) 6:30 Leadership meeting	17 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 (Tuula-B) 12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	18 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Tuula-M) 11:10 Pilates Fusion (Melissa-M) 12:10 pm Pilates + (Tuula-M) 1:10 pm Roll & Restore (Tuula-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	19 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Tuula-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Pilates/Barre (Lynn-B)	20 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 (Tuula-M)	21 8:00 - 9:00 am Yogilates (Lynn & Tuula-CL) 9:15 - 10:00 QiGong (Gregg - SBI) 9:15 - 10:00 Pi-Yo (Karise-M)
23 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)	24 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 (Tuula-B) 12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)	25 6:00 am Hard Core Abs (Anne-M) 6:45 Restorative Yoga (Kelly-M) 11:10 Pilates Fusion (Melissa-M) 12:10 pm Pilates + (Missy-M) 5:15 Step & Strength (Emily-M) 5:30 Core Barre (Missy-B)	26 6:00 Core Ball Plus (Anne-M) 6:45 Pilates Plus (Anne-M) 11:10 Hard Core Ab Pilates (Emily-M) 12:10 pm Pi-Yo (Karise-M) 12:10 Core Barre (Melissa-B) 5:15 Pound Rockout Workout (Jen-M) 5:30 Pilates/Barre (Lynn-B)	27 6 am Core Barre (Anne-B) 6:45 Pilates + Weights (Jen-M) 11:10 Pilates + (Emily-M) 12:10 pm Power Flow Yoga (Karise-M) 12:10 Core Barre (Missy-B) 1:10 Restorative Yoga (Kelly-M)	28 8:00 - 9:00 am Yogilates (Lynn-CL) QiGong (Gregg - SBI) 9:15 - 10:00 Kettle Bell's (Lynn-M)
30 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 (Karise-B)	31 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 (Tuula-B) 12:10 Pi-Yo (Melissa-M) 5:30 All Level Yoga (Lynn-M)		LOVE YOUR BODY AND IMPROVE IT AT THE SAME TIME.		<i>CL - Canyon Lake</i> <i>SBI - Story Book Island</i>