



# JANUARY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>*NEW SERIES*</b></p> <p><b>MAMA STRONG</b> 1/6 – 27</p> <p><b>beBASICS: INTRO TO BARRE &amp; PILATES</b> 1/20 – 2/10</p> <p><i>See website to register</i></p>		<p>1/1 NEW YEAR'S DAY</p> <p><b>10 – 11AM NEW YEAR'S DAY SWEAT &amp; SCULPT</b></p>	<p>2</p> <p>9:30-10:30am BarreCORE</p> <p>5:30–6:20pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>3</p> <p>9:30-10:30am cardioBARRE</p>	<p>4</p> <p>9:00-10:00am barreEFFECT</p>
<p>5</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>6</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>7</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30–7:30pm Candlelight Yoga</p>	<p>8</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>9</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:20pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>10</p> <p>9:30-10:30am cardioBARRE</p>	<p>11</p> <p>9:00-10:00am barreEFFECT</p>
<p>12</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>13</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>6:15-7:15pm beSCULPT+CORE</p>	<p>14</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30–7:30pm Candlelight Yoga</p>	<p>15</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>16</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:20pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>17</p> <p>9:30-10:30am cardioBARRE</p> <p><b>6 – 7:30pm *SPA YOGA*</b> <i>Restorative Event (separate fee applies)</i></p>	<p>18</p> <p>9:00-10:00am barreEFFECT</p>
<p>19</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>20</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm beBASICS*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>21</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30–7:30pm Candlelight Yoga</p>	<p>22</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>23</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:15pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>24</p> <p>9:30-10:30am cardioBARRE</p>	<p>25</p> <p>9:00-10:00am barreEFFECT</p>
<p>26</p> <p>8 – 9am barreEFFECT</p> <p>9:15-10:15am Rise &amp; Flow Yoga</p>	<p>27</p> <p>9:30-10:25am barreESQUE</p> <p>10:30-11:15am MAMA STRONG*</p> <p>5:15-6pm beBASICS*</p> <p>6:15-7:15pm pilatesREMIX</p>	<p>28</p> <p>9:30-10:30am pilatesEFFECT</p> <p>5:30-6:15pm pilatesEFFECT</p> <p>6:30–7:30pm Candlelight Yoga</p>	<p>29</p> <p>9:30-10:30am barreEFFECT</p> <p>6 – 7pm barreEFFECT</p> <p>7:15-8pm BUTI Yoga/Sculpt</p>	<p>30</p> <p>9:30-10:30am barreCORE</p> <p>5:30–6:15pm beSCULPT &amp; Stretch</p> <p>6:30–7:30pm Xen Strength Yoga</p>	<p>31</p> <p>9:30-10:30am cardioBARRE</p>	

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