

# LAKEWOOD

\*check website - schedule subject to change\*

July August

MONDAY

12P YOGA  
5P PILATES MAT  
6P JIVAMUKTI SPIRITUAL  
WARRIOR  
715P BALLET

TUESDAY

930A ZEN BARRE  
6P PILATES MAT

WEDNESDAY

9A PILATES MAT/BALL  
1015A BOOTYBARRE SCULPT  
12P YOGA  
6P ZEN BARRE  
715P ZUMBA  
8P HIP HOP

THURSDAY

12P YOGA  
8P CONTEMPORARY FUSION

FRIDAY

930A PILATES MAT/BALL  
12P YOGA  
530P ZEN BARRE  
8P HIP HOP

SATURDAY

9A PILATES MAT/BALL  
10A JIVAMUKTI OPEN YOGA

SUNDAY

10A PILATES MAT

# ROCKY RIVER

July August

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MONDAY

9A CORE COMBO  
10A REFORMER  
4P CORE COMBO  
4P SPRINGBOARD  
5P CHAIR  
5P REFORMER JUMPBOARD  
6P REFORMER  
7P CORE COMBO

TUESDAY

1015A CORE COMBO  
5P REFORMER  
6P SPRINGBOARD  
7P CORE COMBO

WEDNESDAY

6A SPRINGBOARD  
7A CORE COMBO  
815A REFORMER  
10A CORE COMBO  
6P REFORMER  
7P CORE COMBO

THURSDAY

945A PILATES FOR TEENS  
945A REFORMER  
1045A REFORMER  
4P CORE COMBO  
5P REFORMER JUMPBOARD  
6P CHAIR  
7P REFORMER

FRIDAY

6A REFORMER  
7A REFORMER  
8A CORE COMBO  
815A REFORMER  
2P CORE COMBO  
3P REFORMER  
5P CHAIR

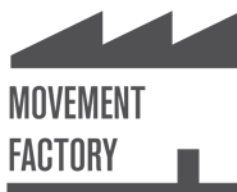
SATURDAY

8A REFORMER JUMPBOARD  
9A REFORMER  
10A SPRINGBOARD  
11A CORE COMBO

SUNDAY

10A REFORMER  
11A REFORMER  
11130A SPRINGBOARD  
1230P REFORMER

THE



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