



FALL 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Schedule subject to change. Always check online schedule for up to date information. Visit our website and facebook page for workshops and special events: <a href="http://www.localmotionstudio.com">www.localmotionstudio.com</a> <a href="https://facebook.com/localmotionstudio">facebook.com/localmotionstudio</a>						
* Childcare Available				\$50 New Client Unlimited		
	<b>Cardio+Strength*</b> 8:30-9:30 a.m. Tess Dorrier	<b>Barre*</b> 8:30-9:30 a.m. Sara Lavan	<b>Pilates*</b> 8:30-9:30 a.m. Sara Lavan	<b>Barre*</b> 8:30-9:30 a.m. Gyulene Prophete	<b>Pilates*</b> 8:30-9:30 a.m. Tess Dorrier	<b>Pilates*</b> 8:30-9:30 a.m. Sara Lavan
	<b>Yoga*</b> 9:45-10:45 a.m. Lynn Liebreich	<b>Yoga*</b> 9:45-10:45 a.m. Emily Straight	<b>Cardio+Strength: Circuit *</b> 9:45-10:45 am Kristine Duba	<b>Yoga*</b> 9:45-10:45 a.m. Kat Buechel	<b>Cardio+Strength*</b> 9:45-10:45 a.m. Alyssa Hjembo	<b>Yoga*</b> 9:45-10:45 a.m. Kat Buechel
<b>Aerial Yoga</b> 10:45-11:45 a.m. Renee Miller		<b>Cardio+Strength*</b> 11:00-12:00 p.m. Kristine Duba	<b>Modern Dance* (Starts Sept 13th)</b> 11:00-12:15 pm Sara Lavan/Silvia Hendi	<b>Core + Strength*</b> 11:00-12:00 p.m. Eboni Jones	<b>Ballet*</b> 11:00-12:15 p.m. Silvia Burstein-Hendi	
<b>Ballet</b> 12:00-1:15 p.m. Christine Heckel						
<b>Barre</b> 1:30-2:30 p.m. Gyulene Prophete						
	<b>Core+Strength</b> 6:45-7:45 p.m. Kristine Duba	<b>Yoga</b> 6:45-7:45 p.m. Nicole Radshaw	<b>Pilates</b> 6:45-7:45 p.m. Sara Lavan	<b>Aerial</b> 6:45-7:45 p.m. Renee Miller		
	<b>Aerial</b> 8:00-9:00 p.m. Renee Miller	<b>Cardio+Strength</b> 8:00-9:00 p.m. Alyssa Hjembo	<b>Modern Dance</b> 7:45-9:00 p.m. Sara Lavan	<b>Barre</b> 8:00-9:00 p.m. Gyulene Prophete		