



WINTER 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>BOOTCAMP</b> 7:30-8:15 am Rotating teachers Check online schedule
	<b>Cardio+Strength*</b> 8:30-9:30 a.m. Tess Dorrier	<b>Barre*</b> 8:30-9:30 a.m. Eboni Jones	<b>Contemporary Pilates*</b> 8:30-9:30 a.m. Sara Lavan	<b>Barre*</b> 8:30-9:30 a.m. Guylene Prophete	<b>Contemporary Pilates*</b> 8:30-9:30 a.m. Tess Dorrier	<b>Contemporary 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. Melanie Petronzio	<b>Cardio+Strength:Circuit*</b> 9:45-10:45 am Kristine Duba	<b>Yoga*</b> 9:45-10:45 a.m. Melanie Petronzio	<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>MOM &amp; BABY YOGA SERIES</b> 11:00-11:45 am Lynn Liebreich	<b>HIIT*</b> 11:00-11:45 am Kristine Duba	<b>Modern Dance*</b> 11:00-12:15 pm Sara Lavan/Silvia Hendi	<b>HIIT THE BARRE*</b> 11:00-11:45 a.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>Yoga</b> 12:30-1:30 p.m. Lynn Liebreich			
<b>Barre</b> 1:30-2:30 p.m. Guylene Prophete						
<b>Postpartum Rehab SERIES</b> 3:00-4:00 p.m. Kate Fahs						
<b>Rhythm Tap</b> 5:30-6:30 p.m. Chris Denby	<b>Core+Strength</b> 6:45-7:45 p.m. Kristine Duba	<b>Aerial Yoga</b> 6:45-7:45 p.m. Sarah Craig	<b>Core+Stretch</b> 6:45-7:45 p.m. Kristine Duba	<b>Aerial Yoga</b> 6:45-7:45 p.m. Renee Miller		
	<b>Aerial Yoga</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. Silvia Burstein-Hendi	<b>Barre</b> 8:00-9:00 p.m. Guylene Prophete		