



SUMMER 2018

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> 8:30-9:20 a.m. Tess Dorrier	<b>Barre*</b> 8:30-9:20 a.m. Eboni Jones	<b>Contemporary Pilates*</b> 8:30-9:20 a.m. Sara Lavan	<b>Cardio Flow*</b> 8:30-9:20 a.m. Emily Rusch	<b>Contemporary Pilates*</b> 8:30-9:20 a.m. Tess Dorrier	<b>Contemporary Pilates*</b> 8:30-9:20 a.m. Sara Lavan
	<b>Contemporary Pilates*</b> 9:30 -10:20 a.m. Sara Lavan	<b>Yoga*</b> 9:30-10:30 a.m. Lynn Liebreich	<b>Cardio+Strength*</b> 9:30-10:20 am Rotating - check online	<b>Yoga*</b> 9:30-10:30 a.m. Lauren Lauver	<b>Cardio+Strength*</b> 9:30-10:20 a.m. Alyssa Hjembo	<b>Yoga*</b> 9:30-10:30 a.m. Kat Buechel
<b>Aerial Yoga</b> 10:45-11:45 a.m. Renee Miller			<b>Modern Dance*</b> 11:00-12:15 pm Silvia / Ila		<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> 1:30-2:20 p.m. Brianna Peña-Serrano						
	<b>Core+Strength</b> 7:00-7:50 p.m. Kim Espinoza		<b>Modern Dance</b> 6:45-8:00 p.m Silvia Burstein-Hendo	<b>Aerial Yoga</b> 6:45-7:45 p.m. Renee Miller	<b>Friday Night Flow</b> 6:45-7:45 p.m Nadiya Mahmood	
	<b>Aerial Yoga</b> 8:00-9:00 p.m. Renee Miller	<b>Cardio+Strength</b> 8:00-8:50 p.m. Alyssa Hjembo	<b>Barre</b> 8:00-8:50 p.m. Brianna Pena-Serrano	<b>Cardio+Dance</b> 8:00-8:50 p.m. Mara Stewart		