



FALL 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. Emily Rusch	<b>Barre*</b> 8:30-9:20 a.m. Eboni Jones	<b>Contemporary Pilates*</b> 8:30-9:20 a.m. Alyssa Hjembo	<b>Cardio+Strength*</b> 8:30-9:20 a.m. Tess Dorrier	<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. Emily Rusch	<b>Yoga*</b> 9:30-10:30 a.m. Lynn Liebreich	<b>Cardio+Strength*</b> 9:30-10:20 am Alyssa Hjembo	<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. Brooke/Sarah			<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>Core+Strength</b> 7:00-7:50 p.m. Kim Espinoza	<b>COMING SOON</b> 7:00-7:50 p.m.	<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>COMING SOON</b> 8:00-8:50 p.m.	<b>Cardio+Dance</b> 8:00-8:50 p.m. Mara Stewart		