



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. Ebony 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. Amy McNamara
<b>Aerial</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>Contemporary Pilates</b> 5:45-6:45 p.m. Sara Lavan				
	<b>Core+Strength</b> 7:00-7:50 p.m. Kim Espinoza		<b>Rhythm Tap</b> 6:45-7:45 p.m. Chris Denby <small>(Sign up through Local Motion Project)</small>	<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>Yoga</b> 8:00-9:00 p.m. Nadiya Mahmood	<b>Cardio+Dance</b> 8:00-8:50 p.m. Mara Stewart		