



DECEMBER 2018

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   |
|--|---|--|--|--|--|--|
| Schedule subject to change. Always check online schedule for up to date information.<br>Visit our website and facebook page for workshops and special events:<br><a href="http://www.localmotionstudio.com">www.localmotionstudio.com</a><br><a href="https://facebook.com/localmotionstudio">facebook.com/localmotionstudio</a> |   |  |  |  |  |  |
| \$50 New Client Unlimited  |   |  |  |  |  |  |
|  |   |  |  | Contemporary Pilates<br>6:00-7:00 a.m.<br>Sara Lavan |  |  |
|  | Cardio+Strength<br>8:30-9:20 a.m.<br>Emily Rusch        | Contemporary Pilates<br>8:30-9:30 a.m.<br>Sara Lavan | Contemporary Pilates<br>8:30-9:20 a.m.<br>Alyssa Hjembo  | Cardio+Strength<br>8:30-9:20 a.m.<br>Tess Dorrier    | Contemporary Pilates<br>8:30-9:20 a.m.<br>Sara Lavan | Contemporary Pilates<br>8:30-9:20 a.m.<br>Sara Lavan |
|  | Contemporary Pilates<br>9:30 -10:20 a.m.<br>Emily Rusch | Intermediate Modern<br>9:45-11:00 a.m.<br>Sara Lavan | Cardio+Strength<br>9:30-10:20 am<br>Alyssa Hjembo  | TBD<br>9:30-10:30 a.m.                               | Cardio+Strength<br>9:30-10:20 a.m.<br>Alyssa Hjembo  | Yoga<br>9:30-10:30 a.m.<br>Amy McNamara              |
| Aerial<br>10:45-11:45 a.m.<br>Brooke/Sarah/Jo  |   |  | Modern Dance<br>11:00-12:15 pm<br>Silvia / Ila   |  | Ballet<br>11:00-12:15 p.m.<br>Silvia Burstein-Hendi  |  |
| Ballet<br>12:00-1:15 p.m.<br>Christine Heckel  |   |  |  |  |  |  |
|  |   |  |  |  |  | Ballet<br>2:30-3:45 p.m.<br>Rotating Teachers        |
|  |   | Contemporary Pilates<br>5:45-6:45 p.m.<br>Sara Lavan |  |  |  |  |
|  | Core+Strength<br>7:00-7:50 p.m.<br>Kim Espinoza         |  | Rhythm Tap<br>6:45-7:45 p.m.<br>Chris Denby<br><small>(Sign up through Local Motion Project)</small> | Aerial Yoga<br>6:45-7:45 p.m.<br>Renee Miller        |  |  |
|  | Aerial Yoga<br>8:00-9:00 p.m.<br>Renee Miller           | Barre<br>8:00-8:50 p.m.<br>Guylene Gozner            | Yoga<br>8:00-9:00 p.m.<br>Nadiya Mahmood   | Cardio+Dance<br>8:00-8:50 p.m.<br>Mara Stewart       |  |  |