



JANUARY 2019

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: www.localmotionstudio.com facebook.com/localmotionstudio						
\$50 New Client Unlimited						
				Contemporary Pilates 6:00-7:00 a.m. Sara Lavan		
	Cardio+Strength 8:30-9:20 a.m. Emily Rusch	Barre 8:30-9:20 a.m. Guylene Gozner	Contemporary Pilates 8:30-9:20 a.m. Alyssa Hjembo	Cardio+Strength 8:30-9:20 a.m. Tess Dorrier	Contemporary Pilates 8:30-9:20 a.m. Tess Dorrier	Contemporary Pilates 8:15-9:15 a.m. Sara Lavan
	Contemporary Pilates 9:30 -10:20 a.m. Emily Rusch	Intermediate Modern 9:45-11:00 a.m. Ila Conoley	Cardio+Strength 9:30-10:20 am Alyssa Hjembo		Cardio+Strength 9:30-10:20 a.m. Alyssa Hjembo	Yoga 9:30-10:30 a.m. TBD
Aerial Hammock 10:45-11:45 a.m. Brooke/Jo			Modern Dance 11:00-12:15 pm Silvia / Ila		Ballet 11:00-12:15 p.m. Silvia Burstein-Hendi	
Ballet 12:00-1:15 p.m. Christine Heckel						
Barre 1:30-2:20 a.m. Guylene Gozner						Ballet 2:30-3:45 p.m. Rotating Teachers
		Contemporary Pilates 5:45-6:45 p.m. Sara Lavan				
	Core+Strength 7:00-7:50 p.m. Kim Espinoza	Modern Dance 6:45-8:00 p.m. Sara Lavan	Rhythm Tap 6:45-7:45 p.m. Chris Denby <small>(Sign up through Local Motion Project)</small>	Aerial Hammock 6:45-7:45 p.m. Renee Miller	Aerial Hammock 6:45-7:45 p.m. Sarah Craig	
	Aerial Hammock 8:00-9:00 p.m. Renee Miller	Barre 8:00-8:50 p.m. Guylene Gozner	Yoga 8:00-9:00 p.m. Nadiya Mahmood	Barre 8:00-8:50 p.m. Guylene Gozner		