



WINTER 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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
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\$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 8:30-9:30 a.m. Guylene Gozner	Contemporary Pilates 8:30-9:20 a.m. Sara Lavan	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
Yoga 9:30-10:30 a.m. Nadiya Mahmood (STARTS IN MARCH)	Contemporary Pilates 9:30 -10:20 a.m. Emily Rusch	Intermediate Modern 9:45-11:00 a.m. Sara Lavan	Cardio+Strength 9:30-10:20 am Alyssa Hjembo		Cardio+Strength 9:30-10:20 a.m. Alyssa Hjembo	Kids Aerial Series 9:30-10:30 a.m. Sarah Craig
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 1:30-2:30 p.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 8:00-9:00 p.m. Guylene Gozner	Yoga 8:00-9:00 p.m. Nadiya Mahmood	Barre 8:00-9:00 p.m. Guylene Gozner		