



SPRING 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
| <p>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</p> | | | | | | |
| | | Sunrise Pilates 6:00-6:45 a.m. Sara Lavan | | Sunrise Pilates 6:00-6:45 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/Emily | 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 | Contemporary Pilates 9:30 -10:20 a.m. Emily Rusch | | Cardio+Strength 9:30-10:20 am Alyssa Hjembo | | Cardio+Strength 9:30-10:20 a.m. Alyssa Hjembo | Community Dance Series 9:30-10:30 a.m. <small>(Sign up thru Local Motion Project)</small> |
| Aerial Hammock 10:45-11:45 a.m. Brooke/Sarah | | | 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. Katie/Christine/Ila |
| | | 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. Anna Bengston | 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 | | |