

AUGUST 2017 STUDIO X CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00 ASHTANGA KATHLEEN 4:30 YOGA/BARRE LISA	2 9:30 VINYASA MOLLY	3 9:30 SS BUILD SHIRIN	4 6:00 ASHTANGA/ VINYASA ANDY 9:15 SS-CORE SHIRIN 10:05 B-BOP LISA F	5 8:15 SS-BLEND MALKY 9:00 CARDIO-LT RUSTY 10:00 YOGA MOMS DEBBIE
6	7 6:00 MAT PILATES PATTI 9:30 SLOW FLOW KARINA 10:45 B-BOP MARGUERITE	8 8:00 ASHTANGA MOLLY 4:30 YOGA/BARRE LISA	9 9:30 VINYASA MOLLY	10 9:30 SS BUILD SHIRIN	11 6:00 ASHTANGA/ VINYASA ANDY 9:15 SS-CORE MALKY 10:05 B-BOP LISA F	12 8:15 SS-BLEND MALKY 9:00 CARDIO-LT RUSTY 10:00 YOGA MOMS LAUREN
13	14 6:00 MAT PILATES PATTI 9:30 SLOW FLOW KARINA 10:45 B-BOP LAUREN	15 8:00 ASHTANGA KATHLEEN 4:30 YOGA/BARRE LISA	16 9:30 VINYASA MOLLY	17 9:30 SS BUILD JODI	18 6:00 ASHTANGA/ VINYASA ANDY 9:15 SS-CORE SHIRIN 10:05 B-BOP LISA F	19 8:15 SS-BLEND SHIRIN 9:00 CARDIO-LT RUSTY 10:00 YOGA MOMS LAUREN
20	21 6:00 MAT PILATES PATTI 9:30 SLOW FLOW KARINA 10:45 B-BOP LAUREN	22 8:00 ASHTANGA MOLLY 4:30 YOGA/BARRE LISA	23 9:30 VINYASA MOLLY	24 9:30 SS BUILD SHIRIN	25 6:00 ASHTANGA/ VINYASA ANDY 9:15 SS-CORE SHIRIN 10:05 B-BOP MARGUERITE	26 8:15 SS-BLEND SHIRIN 9:00 CARDIO-LT RUSTY 10:00 YOGA MOMS LAUREN
27	28 6:00 MAT PILATES PATTI 9:30 SLOW FLOW KARINA 10:45 B-BOP JEN	29 8:00 ASHTANGA KATHLEEN 4:30 YOGA/BARRE LISA	30 9:30 VINYASA MOLLY	31 9:30 SS BUILD SHIRIN	CLASS FORMAT GUIDE: SurfSet STRONG: COMBO: STRENGTH TRAINING & CARDIO SurfSet BLEND: BALANCE & WEIGHT WORK (45 min) SurfSet CORE: BALANCE & CORE TRAINING (45 min) SurfSet Build: STRENGTH & CORE BBOP: BALANCE BODIES FOR OPTIMUM PERFORMANCE (45M)	