



Barre Private Parties Available!

*DENOTES RESERVE YOUR SPOT AT MINDBODY CONNECT FREE APP

OCT

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30 AM	8:00 HIP HOP YOGA (Chessi) 8:15 SPIN HIIT* (Sherwin)	5:30 BODYPUMP (Brooke) 8:15 RPM* (Sherwin) 8:30 HIIT (3rd & 10th Robin)	5:30 SUNRISE BARRE (Mary) 8:15 SPIN HIIT* (Kaye) 45 min	5:30 BODYPUMP (Brooke) 8:15 RPM* (Sherwin) 8:30 HIIT (5th & 12th Robin)	8:00 ABS BLAST (Kaye) 15 min 8:15 CARDIO KICKBOXING (Kaye) 45 min	8:30 AM SPIN* (Kaye, Myesha, Jodi)	
9:00 AM	CELEB BARRE (Lauren)	BODYPUMP (Robin/Lauren)	CELEB BARRE (Lauren)	BODYPUMP (Robin/Lauren)	CELEB BARRE (Lauren)	9:30 BODYPUMP (Robin/Jodi/Colin/Kristina) 10:45 BOOTY BOUNCE (7th & 20th Chessi) 45 min 10:45 WHINE BARRE/PILATES (14th & 28th Mary) 45 min	
10:15 AM	BOOTY BARRE FIGHT (Lauren)		10:15 XTRA CELEB (Lauren) 30 min		10:15 XTRA CELEB (Lauren) 30 min		
12:00 PM	12:00 CARDIO KICKBOXING (Kaye)	CARDIO BARRE/ SLEEK PILATES (Kaye)	BIKER BARRE* (Sherwin)	WHINE BARRE/ SLEEK PILATES (5th & 19th Lauren) CELEB BARRE (12th & 26th Lauren)	YOGI BARRE (Chessi)		
4:30 PM	CELEB BARRE (Lauren)	CELEB BARRE (Lauren)	4:30 HIIT (4th & 11th Robin) BARRE FIGHT (18th & 25th Brooke) 5:15 BOOTY BARRE FIGHT (Lauren) 30 min	BIKER BARRE* (Lauren) BODYPUMP (Colin)			
5:40 PM	BARRE FIGHT (Brooke)	5:30 SPIN HIIT* Jamie (45 min) 5:40 BODYPUMP (10th & 24th Colin) 5:40 WHINE BARRE/ SLEEK PILATES (3rd, 17th Lauren)	5:45 CELEB BARRE (Lauren)	5:40 CELEB BARRE (Lauren)			

ANNOUNCEMENTS

.....

OCTOBER 7TH LAUNCH DAY
 8:30 am RPM* (Sherwin)
 9:30 am Body Pump (Team Sleek)

** Dr. Bates & Dr. Navarro from Chiro & Sports Therapy will be here checking proper form and mobility!

HALLOWEEN FILMING DAY
 Dress up if you like for Spooky Celeb
 Monday, October 30th 9:00 am & 4:30 pm

CANCELED TUESDAY, OCTOBER 31ST AT 5:40 ONLY