

Artistry In Motion Group Fitness Schedule

NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am Ultimate Cardio Kickbox <i>Sharyn</i>	6:30am Bootcamp Pilates <i>Renee</i>	6:30am Full Body Boot Camp <i>Corey</i>		6:30am Ultimate Cardio Kickbox <i>Sharyn</i>		
8:30am Mat Pilates <i>Keiko</i>	7:30am Yoga Dance <i>Renee</i>	8:00am Groove-n-Move Circuit <i>Danielle</i>	8:00am Full Body Boot Camp <i>Corey</i>	8:00am Basic Training Camp <i>Danielle</i>	8:00am AM Yoga Dose <i>David</i>	
	9:00am Step'n to the Oldies <i>Sharyn</i>	9:30am Core Fusion <i>David</i>	9:30am Yoga Sculpt <i>Tali</i>		9:00am Full Body Bootcamp <i>Caitlin</i>	10:30am Sport Conditioning Camp <i>Caitlin/Corey</i>
10:30am Repair & Restore Yoga <i>David</i>		10:30am Mat Pilates with props <i>Stacie</i>	10:45am Prenatal Fitness Fusion <i>Danielle</i>	10:00am Step'n to the Oldies <i>Sharyn</i>	10:00am Mat Pilates for Kids <i>Dionna</i>	
11:45am Power Yoga (all levels) <i>David</i>	12:00pm 6 pack attack (30 mins) <i>Danielle</i>		12:00pm Lunch-Crunch (30 mins) <i>Corey</i>	11:30am Full Body Boot Camp <i>Caitlin</i>	11:30am TKO Box & Kick <i>Michael</i>	
	12:30pm Brand New Booty (30 mins) <i>Danielle</i>	12:30pm Yoga Sculpt <i>Tali</i>	12:30pm Lunch-Box (30 mins) <i>Corey</i>	12:30pm Hard Core Abs (30 mins) <i>Caitlin</i>	12:30pm Kid's Gymnastics for Fun <i>Dionna</i>	
	1:00pm Group Reformer Class (3) <i>Keiko</i>					
1:00pm Defined Behind (30mins) <i>Corey</i>	1:00pm Yoga & Meditation (30mins) <i>Sharyn</i>	1:30pm Tiger Lily Yoga Flow (1 ½ hr) <i>David</i>	1:00pm Repair & Restore Yoga (30mins) <i>Sharyn</i>	1:00pm Silver Sneakers <i>Melanie</i>		
3:30pm Mat Pilates for Kids <i>Dionna</i>	3:30pm Kid's Gymnastics For fun <i>Dionna</i>	3:30pm Ballet Workout for Kids <i>Renee</i>	3:30pm Yoga for Kids <i>Caroline</i>	3:30pm Kid's Gymnastics For Fun <i>Dionna</i>		
4:30pm Kid's Cardio Hip Hop <i>Renee</i>	4:30pm Yoga for Kids <i>Caroline</i>	4:30pm Kids Full Body Bootcamp <i>Corey</i>	4:30pm Cardio Salsa <i>Renee</i>	4:30pm Mat Pilates for Kids <i>Dionna</i>		
5:30pm Mat Pilates <i>Keiko</i>	5:30pm Mat Pilates for Kids <i>Keiko</i>	5:30pm Power Mat Pilates <i>Keiko</i>		5:30pm Kombat Kardio <i>Caitlin</i>		
6:30pm TKO Box & Kick <i>Michael</i>	6:30pm Power Yoga <i>Jennifer</i>	6:30pm 80's Hip-Hop Step <i>Jania</i>	6:30pm TKO Box & Kick <i>Michael</i>	6:30pm Gypsy Fusion Dance Party <i>Renee</i>		
	7:30pm Candle light Yoga <i>Jennifer</i>	7:30pm Full Body Bootcamp <i>Caitlin</i>	7:30pm Cardio Street Funk <i>Jania</i>	7:30pm Candle light Yoga <i>David</i>		

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