

Group Pilates, Total Body fitness, Barre, Cardio and more.... Imotion fitness STUDIO USE

September 1 – 30, 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|--|--|
| <p align="center">IMOTION CONNECT FITNESS</p> <p>9:00am LIVE 3/4 Mat combinations (SK)</p> | <p>In-STUDIO 9:00am 3+ matwork (SN)</p> | <p align="center">IMOTION CONNECT FITNESS</p> <p>9:00am LIVE 3/4 Mat with props (KB)</p> | <p>In-STUDIO 9:00am 3+ matwork (SN)</p> | <p>In-STUDIO 9:00am 3/4 Reformer (KM)</p> <p align="center">IMOTION CONNECT FITNESS</p> <p>9am 3/4 Pilates with Props (KB) On Demand</p> | <p align="center">IMOTION CONNECT FITNESS</p> <p>9:00am LIVE 4/5 pilates mat & Barre combo class (SK)</p> |
| <p>In-STUDIO 10:00am 3+ Reformer (SN)</p> | | | <p>In-STUDIO 10:00am 3/4 Reformer (SN)</p> | <p>In-STUDIO 10:00am 3+ matwork (KM)</p> | |
| <p>In-STUDIO 11:00am 3/4 Reformer (SN)</p> | | | | | |
| <p align="center">IMOTION CONNECT FITNESS</p> <p>12:15pm LIVE Total Body Fitness with weights (SK)</p> | <p>In-STUDIO Intro to Reformer 4:30pm (SN/SK) beginning September 8</p> | <p align="center">IMOTION CONNECT FITNESS</p> <p>12:15pm LIVE Old-School Cardio hi-lo or Step! (SK)</p> | <p align="center">IMOTION CONNECT FITNESS</p> <p>12:15pm LIVE Cardio and Core Training (SK)</p> | | |
| | <p>In-STUDIO 5:45pm 3/4 matwork (SN)</p> | | | | |