

Group Pilates, Total Body fitness, Barre, Cardio and more....

Imotion fitness MIND BODY CORE IN-STUDIO and ONLINE CLASS SCHEDULE (monthly)

PLUS BONUS MONTHLY WORKOUTS including YOGA, TRX, Technique Training and more....All CONNECT Classes are 45-minutes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p align="center">IMOTION CONNECT FITNESS</p> <p>9:00am LIVE 3/4 Mat combinations (SK)</p>	<p align="center">In-STUDIO</p> <p>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 align="center">In-STUDIO</p> <p>9:00am 3+ matwork (SN)</p>	<p align="center">In-STUDIO</p> <p>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>9:00am LIVE 4/5 pilates mat & Barre combo class (SK)</p>
<p align="center">In-STUDIO</p> <p>10:00am 3+ Reformer (SN)</p>	<p align="center">IMOTION CONNECT FITNESS</p> <p>BONUS YOGA with Karina the first Tuesday of each month!</p>		<p align="center">In-STUDIO</p> <p>10:00am 3/4 Reformer (SN)</p>	<p align="center">In-STUDIO</p> <p>10:15am 3+ matwork (KM)</p>	
<p align="center">In-STUDIO</p> <p>11:00am 3/4 Reformer (SN)</p>					
<p align="center">In-STUDIO</p> <p>4:30pm 2/3 Reformer (SN/SK)</p>	<p align="center">IMOTION CONNECT FITNESS</p> <p>12:15pm LIVE Total Body Fitness Tabata with weights (SK)</p>		<p align="center">IMOTION CONNECT FITNESS</p> <p>12:15pm LIVE Cardio and Core Training (SK)</p>		
<p align="center">In-STUDIO</p> <p>5:30pm 4+ Reformer (SN/SK)</p>	<p align="center">In-STUDIO</p> <p>5:30pm 3/4 matwork (SN)</p>	<p align="center">In-STUDIO</p> <p>5:30pm 2/3 Essential matwork</p>			