

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
IMOTION ▶CONNECT◀ FITNESS 9:00am LIVE 3/4 Mat combinations (SK & SN)	In-STUDIO 9:00am 3+ matwork (SN)	IMOTION ▶CONNECT◀ FITNESS 9:00am LIVE 3/4 Mat with props (KB)	In-STUDIO 9:00am 3+ matwork (SN)	In-STUDIO 9:00am 3/4 Reformer (KM) On Demand	IMOTION ▶CONNECT◀ FITNESS 9am 3/4 Pilates with Props (KB)
In-STUDIO 10:00am 3+ Reformer (SN)	IMOTION ▶CONNECT◀ FITNESS BONUS YOGA with Karina the first Tuesday of each month!		In-STUDIO 10:00am 3/4 Reformer (SN)	In-STUDIO 10:15am 3+ matwork (KM)	*NEW* In-STUDIO 10:00am Introduction to STOTT PILATES (five weeks) (SK/SN) February 13 – March 13
In-STUDIO 11:00am 3/4 Reformer (SN)	IMOTION ▶CONNECT◀ FITNESS 12:15pm LIVE Total Body Fitness/ Tabata with weights (SK)		IMOTION ▶CONNECT◀ FITNESS 12:15pm LIVE Cardio and Core Training (SK)		
In-STUDIO 4:30pm 2/3 Reformer (SN/SK)		*NEW* In-STUDIO 4:30pm Introduction to STOTT PILATES (four weeks) (KB) February 17 – March 10			
In-STUDIO 5:30pm 4+ Reformer (SN/SK)	In-STUDIO 5:30pm 3/4 matwork (SN/SK)	In-STUDIO 5:30pm 2/3 Essential matwork (KB)			