

**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 40-45-minutes**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>IMOTION CONNECT FITNESS</b>  9:00am <b>LIVE</b> 3/4 Mat combinations (SK & SN)	In-STUDIO 9:00am 3+ matwork (SN)	<b>IMOTION CONNECT FITNESS</b>  9:00am <b>LIVE</b> 3/4 Mat with props (KB)	In-STUDIO 9:00am 3+ matwork (SN)	In-STUDIO 9:00am 3/4 Reformer (KM)  <b>On Demand</b>	<b>IMOTION CONNECT FITNESS</b>  9:00am <b>LIVE</b> 4/5 pilates mat & Barre combo class (SK)
In-STUDIO <b>10:00am 3+ Reformer (SN)</b>	<b>IMOTION CONNECT FITNESS</b>  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)	In-STUDIO 10:00am Introduction/Review STOTT PILATES BASICS (SK)
In-STUDIO <b>11:00am 3/4 Reformer (SN)</b>	<b>IMOTION CONNECT FITNESS</b>  12:15pm <b>LIVE</b> Total Body Fitness/ Tabata with weights (SK)		<b>IMOTION CONNECT FITNESS</b>  12:15pm <b>LIVE</b> Cardio and Core Training (SK)		
In-STUDIO <b>4:30pm 3+ Reformer (SN/SK)</b>		In-STUDIO 4:30pm Introduction/Review STOTT PILATES BASICS (KB)			
In-STUDIO <b>5:30pm 4+ Reformer (SN/SK)</b>	In-STUDIO 5:30pm 3/4 matwork (SN/SK)	In-STUDIO 5:30pm 2/3 Essential matwork (KB)			