

**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 30-45-minutes**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>IMOTION ▶CONNECT◀ FITNESS</b>  <b>9:00am LIVE 3/4 Mat combinations (SK &amp; SN)</b>	<b>In-STUDIO</b> <b>9:00am 3+ matwork (SN)</b>	<b>IMOTION ▶CONNECT◀ FITNESS</b>  <b>9:00am LIVE 3/4 Mat with props (KB)</b>	<b>In-STUDIO</b> <b>9:00am 3+ matwork (SN)</b>	<b>In-STUDIO</b> <b>8:30am 3/4 Reformer (SK/SN)</b>  <b>On Demand</b>	<b>IMOTION ▶CONNECT◀ FITNESS</b>  <b>9:00am 3/4 Pilates with Props (KB)</b>  <b>8:30am LIVE 4/5 pilates mat &amp; Barre combo class (SK)</b>
<b>In-STUDIO</b> <b>10:00am 3+ Reformer (SN)</b>	<b>In-STUDIO</b> <b>10:00am 3+ Reformer (SN)</b>		<b>In-STUDIO</b> <b>10:00am 3/4 Reformer (SN)</b>	<b>In-STUDIO</b> <b>10:00am 3+ matwork (KB)</b>	<b>In-STUDIO</b> <b>9:30am 2/3 Essential Pilates Review (SK)</b>
<b>In-STUDIO</b> <b>11:00am 3/4 Reformer (SN)</b>	<b>IMOTION ▶CONNECT◀ FITNESS</b>  <b>12:00pm LIVE Total Body Fitness/ Tabata with weights (SK)</b>		<b>IMOTION ▶CONNECT◀ FITNESS</b>  <b>12:00pm LIVE Cardio and Core Training (SK)</b>		
<b>In-STUDIO</b> <b>4:30pm 2/3 Reformer (SN/SK)</b>	<b>IMOTION ▶CONNECT◀ FITNESS</b>  <b>BONUS YOGA with Karina the first Tuesday of each month!</b>				
<b>In-STUDIO</b> <b>5:30pm 4+ Reformer (SN/SK)</b>	<b>In-STUDIO</b> <b>5:30pm 3/4 matwork (SN/SK)</b>	<b>In-STUDIO 5:00pm 3+ Essential matwork with props (KB)</b>			