

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 – 30 - 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 8:30am 3/4 Reformer (SK/SN) 9:00am 3/4 Pilates with Props (KB) <i>On Demand</i>	IMOTION ▶CONNECT◀ FITNESS 8:30am LIVE 4/5 Pilates mat & Barre combo class (SK)
In-STUDIO 10:00am 3+ Reformer (SN)	In-STUDIO 10:00am 3+ Reformer (SN)		In-STUDIO 10:00am 3/4 Reformer (SN)	In-STUDIO 10:00am 3+ matwork (KB)	In-STUDIO 9:30am 2/3 Essential Pilates Review (SK)
In-STUDIO 11:00am 3/4 Reformer (SN)	IMOTION ▶CONNECT◀ FITNESS LIVE 6:15am OR 12:00pm Total Body Fitness/ Tabata with weights (SK)		IMOTION ▶CONNECT◀ FITNESS 12:00pm LIVE Cardio and Core Training (SK)		
	IMOTION ▶CONNECT◀ FITNESS BONUS YOGA with Karina the first Tuesday of each month!				
In-STUDIO 5:15pm 4+ Reformer (SN/SK)	In-STUDIO 5:30pm 3/4 matwork (SN/SK)	In-STUDIO 5:00pm 3+ Essential matwork with props (KB)			