

**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**

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