

January 3 – 31, 2022 SCHEDULE

Imotion fitness MIND BODY CORE IN-STUDIO and ONLINE CLASSES

All ONLINECONNECT Classes – 30 to 45-minutes. In-Studio classes – 50 minutes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IMOTION CONNECT FITNESS 9:00am LIVE & On-Demand 3/4 Mat combinations (SK & SN)	In-STUDIO 9:00am 3+ matwork (SN)	IMOTION CONNECT FITNESS 9:00am LIVE & On-Demand 3/4 Mat with props (KB)	In-STUDIO 9:00am 3+ matwork (SN)	In-STUDIO 8:30am 3/4 Reformer (SK/SN)	IMOTION CONNECT FITNESS On-Demand 9:00am 3/4 Pilates with Props (KB)
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 9:00am 3+ Essential PILATES with Props (SK/KB)
In-STUDIO 11:00am 3/4 Reformer (SN)	IMOTION CONNECT FITNESS LIVE & On-Demand 6:15am OR 12:15pm Total Body Fitness/ Tabata with weights (SK)	IMOTION CONNECT FITNESS On-Demand BONUS YOGA with Karina each month!	IMOTION CONNECT FITNESS 12:15pm LIVE & On-Demand Cardio and Core Training (SK)		In-STUDIO 10:00am Beginner Pilates (SK/KB)
In-STUDIO 4:30pm 4+ Reformer (SN/SK)		In-STUDIO 5:00pm 3+ Essential matwork with props (KB)		<h1 style="color: red;">Happy New Year!</h1> <p style="text-align: center;">Please join our Facebook group https://www.facebook.com/groups/imotionfitness (Public group IMOTION FITNESS MIND BODY CORE) for all up-to-date information and weather cancellations!</p>	
NEW! In-STUDIO 5:30pm Introduction to Reformer!(SN/SK)	In-STUDIO 5:00pm 3/4 matwork (SN/SK)	NEW! In-STUDIO 6:00pm 3+ Beginner Pilates (KB)			