



OCTOBER SCHEDULE 2018

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday
EARLY		6:00 TO 7:00AM OPEN FLOW <i>Maggie T</i>		6:00 TO 7:00AM OPEN FLOW <i>Kristen M</i>			
	8:30 TO 9:30AM OPEN FLOW <i>Kristen M</i>	8:30 TO 9:30AM OPEN FLOW <i>Gail C</i>	8:30 TO 9:30AM BARRE <i>Kate L</i>	8:30 TO 9:30AM OPEN FLOW <i>Megan Z</i>	8:30 TO 9:30AM OPEN FLOW <i>Nicole M</i>	8:00 TO 9:00AM OPEN FLOW <i>Kristen M</i>	8:00 TO 9:00AM OPEN FLOW <i>Michelle D</i>
	9:30 TO 10:30AM BARRE <i>Loren W</i>	9:30 TO 10:30AM BARRE <i>Kate L</i>	9:45 TO 10:45AM OPEN FLOW <i>Edel K</i>	9:30 TO 10:30AM BARRE <i>Sherri N</i>	9:45 TO 10:45AM OPEN FLOW <i>Maggie T</i>	9:15 TO 10:15AM BARRE <i>Kate L</i>	9:15 TO 10:15AM STRETCH & SERENITY <i>Michelle D</i>
	11:00AM TO 12:00PM GENTLE FLOW <i>Nicole M</i>	10:45AM TO 12:15PM KUNDALINI <i>Edel K</i>	11:00AM TO 12:00PM GENTLE FLOW <i>Maggie T</i>	10:45 TO 11:45PM POWER YOGA <i>Beth F</i>	11:00AM TO 12:00PM PILATES <i>Sherri N</i>	10:30 TO 11:30PM POWER YOGA <i>Brittany T</i>	
	12:30 TO 1:30PM OPEN FLOW <i>Courtney M</i>		Check the Happenings page for our Class Series days and times	12:00 TO 1:00PM PILATES <i>Sherri N</i>	12:00 TO 1:00PM BARRE <i>Sherri N</i>		
EVENING	6:30 TO 7:30PM OPEN FLOW <i>Maggie T</i>	7:00 TO 8:00PM POWER FLOW <i>Kristen M</i>	6:30 TO 7:30PM PILATES <i>Meredith A</i>	6:30 TO 7:30PM OPEN FLOW <i>Cheryl S</i>	1:00 TO 2:15PM KUNDALINI <i>Aimee S</i>		4:00 TO 5:00PM RESTORATIVE <i>Nicole I Michelle</i>

 YOGA	 BARRE	 PILATES
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Schedule subject to change. Please visit jarosastudio.com for updates.