



| | 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> | 6:00 TO 7:00AM BARRE <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> | 8:30 TO 9:30AM BARRE <i>Kristen M</i> |
| | 9:30 TO 10:30AM BARRE <i>Kristen M</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> | 9:30 TO 10:30AM OPEN FLOW <i>Holly A</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> | 10:30 TO 11:15AM PILATES <i>Sherri N</i> | 11:00AM TO 12:00PM PILATES <i>Sherri N</i> | 10:30 TO 11:30PM OPEN FLOW <i>Gail C</i> | 10:30 TO 11:30AM GENTLE FLOW <i>Michelle D</i> |
| | 12:30 TO 1:30PM OPEN FLOW <i>Holly A</i> | | Check the Happenings page for our Class Series days and times | | 12:00 TO 1:00PM BARRE-BEGINNER <i>Sherri N</i> | | |
| EVENING | 6:30 TO 7:30PM OPEN FLOW <i>Maggie T</i> | 7:00 TO 8:15PM KUNDALINI <i>Elizabeth K</i> | 5:30 TO 6:30PM BARRE <i>Jeannine S</i> | 6:30 TO 7:30PM OPEN FLOW <i>Cheryl S</i> | | | 4:00 TO 5:00PM RESTORATIVE <i>Nicole M</i> |

 **YOGA**

 **BARRE**

 **PILATES**

Schedule subject to change. Please visit jarosastudio.com for updates.