JAROSA

APRIL SCHEDULE 2019

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	monday	tuesday	wednesday	thursday	friday	saturday	sunday
EARLY		6:00 TO 7:00AM **OPEN FLOW** *Maggie T*		6:00 TO 7:00AM **OPEN FLOW** *Kristen M*	6:00 TO 7:00AM **OPEN FLOW** *Maggie T*		
	8:30 TO 9:30AM **OPEN FLOW** *Kristen M*	8:30 TO 9:30AM **OPEN FLOW** *Gail C*	8:30 TO 9:30AM **BARRE** *Jeannine S*	8:30 TO 9:30AM **OPEN FLOW** *Megan Z*	8:30 TO 9:30AM **OPEN FLOW** *Nicole M*	8:00 TO 9:00AM **OPEN FLOW** *Kristen M*	8:30 TO 9:30AM **BARRE** *Kristen M*
	9:30 TO 10:30AM **BARRE** *Kristen M*	9:30 TO 10:30AM **BARRE** *Sherri N*	9:45 TO 10:45AM **OPEN FLOW** *Edel K*	9:30 TO 10:30AM **BARRE-ADVANCED** *Sherri N*	9:45 TO 10:45AM **BARRE-BEGINNER** *Sherri N*	9:15 TO 10:15AM **BARRE** *Kate L*	9:30 TO 10:45AM **OPEN FLOW** *Holly A*
	11:00AM TO 12:00PM **GENTLE FLOW** *Nicole M*	10:45AM TO 12:15PM **KUNDALINI** *Edel K*	11:00AM TO 12:00PM **GENTLE FLOW** *Maggie T*	10:30 TO 11:15AM **PILATES** *Sherri N*	11:00AM TO 12:00PM **PILATES** *Sherri N*	10:30 TO 11:30PM **OPEN FLOW** *Gail C*	11:00AM TO 12:00PM **GENTLE FLOW** *Michelle D*
			Check the Happenings page for our Class Series days and times	11:30AM TO 12:30PM **GENTLE FLOW** *Merri*	12:15 TO 1:00PM **MEDITATION** *Edel K*		
					1:00 TO 2:15PM **KUNDALINI** *Aimee S*		
EVENING	6:30 TO 7:30PM **OPEN FLOW** *Maggie T*		5:30 TO 6:30PM **BARRE** *Jeannine S*	6:30 TO 7:30PM **OPEN FLOW** *Cheryl S*			4:00 TO 5:00PM **RESTORATIVE** *Nicole M*
			7:00 TO 8:15PM **KUNDALINI** *Elizabeth K*				

YOGA **BARRE** **PILATES** **MEDITATION**

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

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