




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

Schedule subject to change. Please visit [jarosastudio.com](http://jarosastudio.com) for updates.