

BodyRituals | yoga . fitness . dance

. monday

. tuesday

. wednesday

. thursday

. friday

. saturday

	Muffin Meltdown { Cardio+Pilates } [5:30am] Starting Spring 2012		BoxAlates (boxing + pilates) [5:30am] Starting Spring 2012		Hot Yoga [7:00 am]
	BoxAlates (boxing + pilates) [7:30am] Starting Spring 2012		Muffin Meltdown { Cardio+Pilates } [7:30am] Starting Spring 2012		INSANE Pilates [8:00am]
Power Hour (pilates + weights) [8:30am]	Pilates I & II [8:30am]	Zumba [8:30am]	Bar Pilates (beginners or flexibility) [8:30 am]	Rockin' Abs (stability ball pilates) [8:30 am]	Pilates I & II [8:30am]
Gentle Yoga [9:30am]	Hot Yoga 9:30am	Vinyasa Yoga [9:30am]	Hot Yoga 9:30am	Gentle Yoga [9:30am]	Zumba [10:00am]
Rockin' Abs (stability ball pilates) 3:30 pm					
Pre-Natal Yoga [5:30pm]			Pre-Natal Yoga [5:30pm]		
Yoga [5:30pm]		HOOPAPALOOZA Cardio [5:30pm]			
Power Hour (pilates + weights) [6:30pm]	TnT [strength/cardio] [6:30 pm]	Rockin' Abs (stability ball pilates) 6:30 pm	TnT [strength/cardio] [6:30 pm]		
Bar Pilates (beginners or flexibility) 6:30 pm]	Cardio Dance Karingah! [6:30pm]	Zumba [6:30pm]	Zumba [6:30pm]		
Rent studio space	Pilates I & II [7:30pm]	Salsa I & II [7:30pm]	Pilates I & II [7:30pm]	Book a Private [all available times]	
	Yoga [7:30pm]				

Monthly Membership - Unlimited classes only \$100

Prices | 10 class package - \$ 125 | 20 class package - \$ 195 | Single class - \$18.00 single class (must be member) | One time enrollment fee:\$50.00 |
Trial Class \$10.00(1st class only)

Package is good for 180 days from purchase. | Classes 50 – 55 min

Other | Private Lessons, Studio Space Rental and Dance Choreography Courses for Weddings – Sweet 16s – Quincenera – Dance Teams

***** sections in gray are new classes beginning week of January 16, 2012

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