

**CLASS SCHEDULE**  
Effective Dec 7, 2015

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					*9:00 New to The Barre
	9:30 Front to Back	*9:30 Gentle Yoga	9:30 New to The Barre		*10:15 Fundamentals
				10:30 Rehab for your back	
*11:00 Mom and Baby Pilates			*11:00 Mom and Baby Barre		
12:15 Barre-Fitt	12:15 Quickie	12:15 Trx Cardio Fusion	12:15 Front to Back	12:15 Barre-Fitt	
3:30 Barre-Fitt	3:30 Trx Cardio Fusion	3:30 Cardio Circuit	3:30 Barre-Fitt		
5:15 Barre-Fitt	5:00 On the Ball	5:15 Pilates	5:00 Barre-Fitt		
*6:30 Yoga	*7:00 Yoga	6:30 Barre-Fitt	*7:00 Yoga		

**Please note:**

Classes will be limited over Christmas between Dec 24th and Jan 1st. Check schedule for availability.

Noon classes are 30mins and all other classes unless stated are 55mins.

\*Classes with a star next to them begin the week of Jan. 5th/16.

Please check our Facebook page for class updates and changes:

<https://www.facebook.com/pureenergyfitness.vickylegate>