

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6-6:45 AM SPINNING w/ Mark/Jennifer	5:45-6:45 AM PILATES MAT w/ Jennifer	6-6:45 AM SPINNING w/ Kris	6-6:45 AM SPINNING w/ Jennifer	5:45-6:45 AM Strength/Conditioning w/ Kris	7-7:45 AM SPINNING w/ Jennifer
8-9 AM SPINNING with Strength w/ Jennifer	8:30-9:15 AM SPINNING w/ Kris			8:15-9:15 AM PILATES MAT w/ Jennifer		8:15-9:15 AM POWER ♥♥♥♥ w/ Jennifer
9:30-10:30 AM Slow Flow ♥♥♥♥ w/ Jennifer	9:30-10:30 AM YOGI w/ Laurie	9-10 AM Yogalates w/ Jennifer	9-9:45 AM SPINNING w/ Kris/Tina	9:30-10:30 AM Yogalates w/ Laurie	9-9:45 AM Level 1 SPINNING w/ Kris	8-9 AM PILATES MAT w/ Jamie/Tina
	10:45-11:30 AM Silver Sneakers Fitness Program MSROM w/ Laurie	10:15-11 AM Level 1 SPINNING w/ Jennifer	10:45-11:30 AM Silver Sneakers Fitness Program MSROM w/ Donna			9:30-10:15 AM SPINNING w/ Jamie
	11:45-12:30 AM Silver Sneakers Fitness Program ♥♥♥♥ for Seniors w/ Laurie			10:45-11:30 AM Silver Sneakers Fitness Program MSROM w/ Laurie		10:30-11:30 AM Strength/Conditioning w/ Katie
11AM-12 PM Intro to ♥♥♥♥** w/ John 6 Week Session Registration Required	12:45-1:30 PM Silver Sneakers Fitness Program Tai Chi w/ Laurie		4:45-5:45 PM FAMILY YOGA (Ages 7-11) w/ Laurie 6 Week Session Registration Required	11:45-12:30 AM Silver Sneakers Fitness Program YOGI w/ Laurie	4:45-5:30 PM SPINNING w/ Jennifer	
Sunday PM BIRTHDAY Parties Offered See website for details	1:30-2:30PM MOM w/ Laurie 6 Week Session Registration Required		4:45-5:45 PM Slow Flow ♥♥♥♥ w/ Jennifer	12:45-1:45 PM Toddler ♥♥♥♥* w/ Laurie 6 Week Session Registration Required	Various WORKSHOPS offered on Fri PM See website for details	Saturday PM Various WORKSHOPS/ BIRTHDAY Parties Offered See website for details
	4:30-5:30 PM Bender Ball w/ Jennifer	5:15-6 PM SPINNING w/ Mark	5:45-6:30 PM SPINNING w/ Mark	5:45-6:30 PM SPINNING w/ Mark	SPINNING ^If you wish to attend a SPINNING class, it is strongly recommended that you reserve a bike through the link at auburnyogaandpilates.com	
5-5:45 PM SPINNING w/ Mark Begins 10/17/10	5:45-6:30 PM SPINNING w/ Jennifer	6-7 PM PILATES MAT w/ Michelle/Jamie	6-7 PM Yogalates w/ Jennifer	5:45-6:45 PM Slow Flow ♥♥♥♥ w/ Jennifer/John		
6:15-7:15 PM Candlelight (All Levels) ♥♥♥♥ w/ Laurie Begins 10/17/10	6-7 PM Intro to ♥♥♥♥* w/ Ann 6 Week Session Registration Required	6-7 PM Prenatal ♥♥♥♥* w/ Ann 6 Week Session Registration Required	6-7 PM Intro to ♥♥♥♥* w/ Laurie 6 Week Session Registration Required	7-8 PM Intro to POWER ♥♥♥♥* w/ John 6 Week Session Registration Required	<p>* Pre-registration is required for these classes.</p> <ul style="list-style-type: none"> The FALL sessions of six week, registration required classes begin the week of SEPTEMBER 19th and OCTOBER 31st. No six week classes will be held from 11/22-11/28/10. Class size is limited. Register early to ensure that you get the class that you wish. If you wish to register you can register online, or stop by the studio right before any of the scheduled classes. 	
<p>CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE.</p> <p>Please check the website or call the studio to confirm that a class is being held.</p>	7-8 PM Intro to PILATES* w/ Donna 6 Week Session Registration Required	7:15-8:15 PM Intro to ♥♥♥♥/ PILATES* w/ Michelle 6 Week Session Registration Required	7:15-8:15 PM YOGI w/ Laurie	7-8 PM PILATES MAT w/ Michelle		
	7-7:45 PM SPINNING w/ Katie	7:15-8:15 PM All Levels ♥♥♥♥ w/ Ann	7:15-8 PM SPINNING w/ Michelle	7-7:45 PM SPINNING w/ Katie		

Please call (508-832-8177), or email Jennifer@auburnyogaandpilates.com if you have any questions pertaining to the schedule.