

Sunday, 12/19	Monday, 12/20	Tuesday, 12/21	Wednesday, 12/22	Thursday, 12/23	Friday, 12/24	Saturday, 12/25
	6-6:45 AM SPINNING w/ 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	Closed Christmas Day Enjoy your day!
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		
9:30-10:30 AM Slow Flow ♡☺☻ w/ Jennifer	9:30-10:30 AM YOGA w/ Laurie	9-10 AM Yogalates w/ Jennifer	9-9:45 AM SPINNING w/ Tina	9:30-10:30 AM Yogalates w/ Laurie	9-9:45 AM Level 1 SPINNING w/ Kris	
	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	10:45-11:30 AM Silver Sneakers Fitness Program MSROM w/ Laurie		
	11:45-12:30 AM Silver Sneakers Fitness Program ♡☺☻ for Seniors w/ Laurie		4:45-5:45 PM Slow Flow ♡☺☻ w/ Jennifer	11:45-12:30 AM Silver Sneakers Fitness Program YOGA w/ Laurie	CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. Please check the website or call the studio to confirm that a class is being held.	
5-5:45 PM SPINNING w/ Mark	12:45-1:30 PM Silver Sneakers Fitness Program Tai Chi w/ Laurie	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 Please call (508-832-8177), or email Jennifer@auburnyogaandpilates.com if you have any questions pertaining to the schedule.	
6:15-7:15 PM Candlelight (All Levels) ♡☺☻ w/ Laurie	4:30-5:30 PM Bandar Ball w/ Jennifer	6-7 PM PILATES MAT w/ Jamie	6-7 PM Yogalates w/ Jennifer	5:45-6:45 PM Slow Flow ♡☺☻ w/ John		
	5:45-6:30 PM SPINNING w/ Jennifer	7:15-8:15 PM All Levels ♡☺☻ w/ Ann	7-8 PM YOGA w/ Laurie	7-8 PM PILATES MAT w/ Michelle	Please call (508-832-8177), or email Jennifer@auburnyogaandpilates.com if you have any questions pertaining to the schedule.	
	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		

Sunday, 12/26	Monday, 12/27	Tuesday, 12/28	Wednesday, 12/29	Thursday, 12/30	Friday, 12/31	Saturday, 1/1
	6-6:45 AM SPINNING w/ Mark	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	10-11 AM Yogalates 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		
9:30-10:30 AM Slow Flow ♡☺☻ w/ Jennifer	9:30-10:30 AM YOGA w/ Laurie	9-10 AM Yogalates w/ Jennifer	9-9:45 AM SPINNING w/ Tina	9:30-10:30 AM Yogalates w/ Laurie	9-9:45 AM Level 1 SPINNING w/ Kris	
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