

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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	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/Michelle		8:15-9:15 AM POWER YOGA w/ Jennifer
9:30-10:30 AM Slow Flow Yoga w/ Jennifer	9:30-10:30 AM YOGA w/ Laurie	9-10 AM Yogalates w/ Jennifer/Jamie	9-9:45 AM SPINNING w/ Tina	9:30-10:30 AM Yogalates w/ Laurie	9-9:45 AM Level 1 SPINNING w/ Kris	8-9 AM PILATES MAT w/ Michelle/Tina
10:45-11:45 AM Gentle Yoga & PILATES w/ Michelle	10:45-11:30 AM Silver Sneakers Fitness Program MSROM w/ Laurie	10:15-11 AM Level 1 SPINNING w/ Jennifer/Kris	10:45-11:30 AM Silver Sneakers Fitness Program MSROM w/ Donna	10:45-11:30 AM Silver Sneakers Fitness Program MSROM w/ Laurie		9:30-10:15 AM SPINNING w/ Jamie
12-1 PM FAMILY <i>Conditioning**</i> Ages 7-11 w/ Michelle <i>Registration Required</i> <i>Begins 1/2, 2/13, 3/26, & 5/7</i>	11:45-12:30 AM Silver Sneakers Fitness Program Yoga for Seniors w/ Laurie			11:45-12:30 AM Silver Sneakers Fitness Program YOGA w/ Laurie		9:30-10:30 AM Balance/Stability w/ Michelle
	12:45-1:30 PM Silver Sneakers Fitness Program Tai Chi w/ Laurie				6-7 PM Community PILATES* w/ Jenny S. *Only meets the first and third Friday of each month	10:30-11:30 AM Strength/Conditioning w/ Katie
Sunday PM BIRTHDAY Parties Offered See website for details					WORKSHOPS offered on Fri and Sat PM See website for details	
	4:30-5:30 PM Bender Ball w/ Jennifer	5:15-6 PM SPINNING w/ Mark	4:45-5:45 PM Slow Flow Yoga w/ Jennifer	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 <i>Begins 10/16</i>	5:45-6:30 PM SPINNING w/ Jennifer	6-7 PM PILATES MAT w/ Jamie	5:45-6:30 PM SPINNING w/ Mark	5:45-6:45 PM Slow Flow Yoga w/ Jennifer/Jamie/John		
6:15-7:15 PM Candlelight All Levels Yoga w/ Laurie <i>Begins 10/16</i>	5:45-6:45 PM Prenatal PILATES* w/ Jenny S. <i>Registration Required</i> <i>Begins 1/2, 2/13, 3/26, & 5/7</i>	6-7 PM Prenatal Yoga* w/ Ann <i>Registration Required</i> <i>Begins 1/3, 2/14, 3/27, & 5/8</i>			**Registration Required Commitment Classes <ul style="list-style-type: none"> Classes that require registration are run in six week sessions. Registration for the entire session is required. 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. Please call (508-832-8177), or email Jennifer@auburnyogaandpilates.com if you have any questions pertaining to the schedule.	
CLASSES AND INSTRUCTORS ARE SUBJECT TO CHANGE. <i>Please check the website or call the studio to confirm that a class is being held.</i>	5:45-6:45 PM Gentle Yoga w/ Ann		6-7 PM Yogalates w/ Jennifer			
	7-7:45 PM SPINNING w/ Katie	7-7:45 PM SPINNING w/ Mark	7-8 PM All Levels Yoga w/ Jenn A.	7-8 PM PILATES MAT w/ Michelle		
	7-8 PM PILATES for Homer Simpson* w/ Jenny S. <i>Registration Required</i> <i>Begins 1/2, 2/13, 3/26, & 5/7</i>	7:15-8:15 PM All Levels Yoga w/ Ann	7:15-8 PM SPINNING w/ Michelle	7-7:45 PM SPINNING w/ Katie		