



CLASS SCHEDULE JUNE 2020 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT		
6:45 AM								
7:00								
7:15	7:00-8:00 AM Yoga w/ Bri				7:00-8:00 AM ZOOM Broga w/ Mary ONLINE			
7:30								
7:45		7:30-8:30 AM Broga w/ Mary						
8:00								
8:15								
8:30	8:30-9:30 AM CoreAlign Fundamentals w/ Tina		8:30-9:30 AM Reformer Pilates Level 2 w/ Tina					
8:45								
9:00		9:00-10:00 AM CoreAlign Interme- diate w/ Jessie		9:00-10:00 AM ZOOM Mat Pilates w/ Tina ONLINE	9:00-10:00 AM CoreAlign Interme- diate w/ Mary	9:00-10:00 AM ZOOM Mat Pilates w/ Tina ONLINE	9:00-10:00 AM CoreAlign Fundamentals w/ Jessie	9:00-10:00 AM ZOOM Broga w/ Mary ONLINE
9:15								
9:30								
9:45								
10:00	10:00-11:00 AM Reformer Pilates Level 3 w/ Tina							
10:15						10:00-11:00 AM CoreAlign Intermediate w/ Tina		
10:30		10:30-11:30 AM Reformer Pilates Level 1 w/ Jessie			10:30-11:30 AM Reformer Pilates Level 3 w/ Jessie			
10:45								
11:00								
11:15								
11:30								
11:45			11:30AM - 12:30PM CoreAlign Fundamentals w/ Tina	11:30AM - 12:30PM Reformer Pilates Level 1 w/ Tina				
12:00 PM								
12:15		12:00-1:00 PM CoreAlign Intermediate/Mat Fusion w/ Tina				12:00-1:00 PM Jump Reformer Pilates Level 2 w/ Tina		
12:30								
12:45								
1:00								
1:15								
1:30								
1:45								
2:00								
2:15	2:15-3:15 PM Modified Reformer Pilates for Rehab w/ Tina		2:15-3:15 PM Modified Reformer Pilates for Rehab w/ Tina		2:15-3:15 PM Modified Reformer Pilates for Rehab w/ Tina			
2:30								
2:45								
3:00								
3:15								
3:30								
3:45								

Dates/times are subject to change.

See class descriptions online: evolvefitstudios.com



CLASS SCHEDULE JUNE 2020 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT
4:00 PM						
4:15						
4:30						
4:45						
5:00						
5:15						
5:30						
5:45						
6:00						
6:15						
6:30						
6:45	6:30-7:30 PM CoreAlign Advanced w/ Mary		6:30-7:30 PM CoreAlign Advanced w/ Mary			
7:00						
7:15						
7:30						
7:45						
8:00						
8:15						

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CLASS SCHEDULE JUNE 2020 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
6:00 AM						
6:15						
6:30						
6:45						
7:00						
7:15						
7:30						
7:45						
8:00						
8:15		8:00-9:00 AM Modified Fit Fusion for Rehab w/ Bri			8:00-9:00 AM Fit Fusion 2 w/ Jon	
8:30						8:30-9:15 AM Spin w/ Mary
8:45	8:30-9:30 AM Fit Fusion 2 w/ Bri					
9:00						
9:15						
9:30						
9:45		9:30-10:30 AM Fit Fusion 2 w/ Bri				
10:00						
10:15	10:00-11:00 AM Movement FUNdamentals w/ Bri					
10:30						
10:45						
11:00						
11:15		11:00AM-12:00PM Movement FUNdamentals w/ Bri	11:00AM-12:00PM Fit Fusion Levels 1 & 2 w/ Bri			
11:30						
11:45						
12:00 PM						
12:15		12:00-1:00 PM Boxing/ Kickboxing w/ Jon		12:00-1:00 PM Boxing/ Kickboxing w/ Jon	12:00-1:00 PM Fit Fusion 1 w/ Jessie	
12:30						
12:45			12:30-1:30 PM Bodyweight Strength & Endurance w/ Jessie			
1:00						
1:15						
1:30						
1:45						
2:00						
2:15						
2:30						
2:45						

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CLASS SCHEDULE JUNE 2020 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
3:00 PM						
3:15						
3:30						
3:45						
4:00						
4:15						
4:30						
4:45			4:30-5:30 PM Fit Fusion 2 w/ Bri			
5:00						
5:15						
5:30			5:30-6:15 PM Spin w/ Mary	5:30-6:30 PM Boxing/ Kickboxing w/ Jon		
5:45						
6:00						
6:15						
6:30						
6:45						
7:00						
7:15						
7:30						
7:45						
8:00						
8:15						
8:30						

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