



CLASS SCHEDULE MARCH 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 Broga w/ Mary S.	7:00-8:00 AM Yoga w/ Bri		7:00-8:00 AM Broga w/ Mary S.	
7:30						
7:45						
8:00						
8:15	8:00-9:00 AM Intro to Jump Reformer w/ Tina	8:00-9:00 AM Reformer Pilates Level 1 w/ Nikkiem	8:00-9:00 AM Discover CoreAlign w/ Tina	8:00-9:00 AM COGA w/ Mary S.	8:00-9:00 AM Reformer Pilates Level 1 & 2 w/ Tina	
8:30						
8:45						
9:00						
9:15	9:00-10:00 AM CoreAlign Fundamentals w/ Tina	9:15-10:15 AM CoreAlign Intermediate w/ Jessie	9:15-10:15 AM Jump Reformer Level 2 w/ Nikkiem	9:15-10:15 AM Reformer Pilates Level 3 w/ Nikkiem	9:15-10:15 AM CoreAlign Fundamentals w/ Jessie	9:00-10:00 AM Open Mat Pilates w/ Tina
9:30						
9:45						
10:00						
10:15	10:00-11:00 AM Reformer Pilates Level 3 w/ Tina		10:30-11:30 AM Reformer Pilates Level 3 w/ Tina	10:30-11:30 AM CoreAlign Intermediate w/ Mary S.	10:30-11:30 AM Reformer Pilates Level 3 w/ Jessie	10:00-11:00 AM CoreAlign Intermediate w/ Tina
10:30						
10:45						
11:00						
11:15		11:00 AM-12:00 PM CoreAlign Intermediate/ Advanced w/ Tina				11:00 AM-12:00 PM Open Reformer Pilates w/ Tina
11:30						
11:45						
12:00 PM						
12:15	12:00-1:00 PM Reformer Pilates Level 2 w/ Beth	12:00-1:00 PM Intermediate Mat/CA Fusion w/ Tina	12:00-1:00 PM Discover Reformer Pilates w/ Laura May	12:30-1:30 PM Reformer Pilates Level 2 w/ Beth	12:00-1:00 PM Reformer Pilates Level 1 w/ Laura May	12:15-1:15 PM Discover Reformer Pilates/ CoreAlign w/ Tina
12:30						
12:45						
1:00						
1:15	1:15-2:15 PM CoreAlign Intermediate w/ Jessie	1:30-2:30 PM Total Barre w/ Jessie	1:00-2:00 PM Reformer Pilates Basics w/ Laura May			
1:30						
1:45						
2:00						
2:15	2:15-3:15 PM Pilates Modified for Rehab w/ Tina		2:15-3:15 PM Pilates Modified for Rehab w/ Tina	2:00-3:00 PM Mat Fusion Level 2 & 3 w/ Laura May	2:15-3:15 PM Pilates Modified for Rehab w/ Tina	
2:30						
2:45						
3:00						
3:15		3:30-4:30 PM Yoga w/ Bri				
3:30						
3:45						

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CLASS SCHEDULE MARCH 2020 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT
4:00 PM						
4:15		3:30-4:30 PM Yoga w/ Bri				
4:30						
4:45				4:15-5:15 PM Mat Fusion 1 w/ Laura May		
5:00						
5:15						
5:30						
5:45		5:30-6:30 PM CoreAlign Fundamentals w/ Jessie	5:30-6:30 PM Reformer Pilates Level 2 w/ Laura May	5:30-6:30 PM Discover CoreAlign/ Reformer Pilates Combo w/ Jessie		
6:00						
6:15					6:00-7:00 PM Mat Fusion Level 1 w/ Laura May	
6:30						
6:45	6:30-7:30 PM CoreAlign Advanced w/ Mary S.	6:30-7:30 PM Reformer Pilates Levels 1 & 2 w/ Jessie	6:30-7:30 PM CoreAlign Advanced w/ Mary S.	6:30-7:30 PM Reformer Pilates Lev 1 & 2 w/ Jessie		
7:00						
7:15						
7:30						
7:45	7:30-8:30 PM Mat Fusion Level 1 w/ Laura May					
8:00						
8:15						

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CLASS SCHEDULE

MARCH 2020

STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT	
6:00 AM	6:00-6:45 AM Spin w/ Tiffany		6:00-6:45 AM Spin w/ Tiffany		6:00-6:45 AM Spin w/ Tiffany		
6:15							
6:30							
6:45							
7:00				7:00-7:45 AM Spin w/ Dez			
7:15							
7:30							
7:45							
8:00	8:00-9:00 AM Movement FUNDamentals w/ Bri	8:00-9:00 AM Modified Fit Fusion for Rehab w/ Bri	8:00-9:00 AM Movement FUNDamentals w/ Bri		8:00-9:00 AM Fit Fusion 2 w/ Jon		
8:15							
8:30		8:30-9:15 AM Spin w/ Mary		8:30-9:15 AM Spin w/ Brenda			8:30-9:15 AM Spin w/ Mary
8:45							
9:00	9:00-10:00 AM Fit Fusion 2 w/ Bri	9:00-10:00 AM Fit Fusion 2 w/ Bri	9:00-10:00 AM Fit Fusion 2 w/ Jessie				
9:15							
9:30							
9:45					9:30-10:30 AM Fit Fusion 1 & 2 w/ Molliana	9:30-10:30 AM Fit Fusion 1 & 2 Trainer TBA	
10:00	10:00-10:30 AM Recovery Tech/ Foam Roll w/ Bri	10:00-11:00 AM Movement FUNDamentals w/ Bri	10:00-10:30 AM Recovery Tech/ Foam Roll w/ Bri				
10:15							
10:30						10:30-11:00 AM Cardio Kickboxing Fusion 30 - Strong30 w/ Molliana	10:30-11:00 AM Cardio Kickboxing Fusion 30 - Strong30 w/ Molliana
10:45							
11:00							
11:15							
11:30							
11:45			11:30 AM-12:30 PM Fit Fusion 2 w/ Jessie		11:30 AM-12:30 PM Fit Fusion 1 w/ Jessie		
12:00 PM	11:45 AM-12:45 PM Fit Fusion 2 w/ Bri	12:00-1:00 PM Boxing/ Kickboxing w/ Jon		12:00-1:00 PM Boxing/ Kickboxing w/ Jon			
12:15			12:00-12:45 PM Spin w/ Dez				
12:30							
12:45			12:30-1:30 PM Bodyweight Strength & Endurance w/ Jessie				
1:00	12:45-1:45 PM Cardio Kickboxing Fusion - StrongByZ w/ Molliana				12:45-1:45 PM Cardio Kickboxing Fusion - StrongByZ w/ Molliana		
1:15							
1:30							
1:45							
2:00							
2:15							
2:30							
2:45							

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	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 Movement FUNdamentals w/ Bri	4:30-5:30 PM Move Fusion w/ Bri			
5:00						
5:15						
5:30						
5:45	5:45-6:30 PM Spin w/ Jessie G.	5:30-6:30 PM Maces & Movement w/ Bri	5:30-6:30 PM Fit Fusion 1 & 2 w/ Bri	5:30-6:30 PM Boxing/ Kickboxing w/ Jon	5:45-6:30 PM Spin w/ Jessie G.	
6:00						
6:15						
6:30		6:30-7:00 PM Recovery Tech/ Foam Roll w/ Bri				
6:45	6:30-7:30 PM Functional Strength for Runners w/ Jake		6:30-7:30 PM Movement FUNdamentals w/ Bri	6:30-7:30 PM Functional Strength for Runners w/ Jen		
7:00						
7:15						
7:30						
7:45						
8:00			7:45-8:30 PM Spin w/ Mary			
8:15						
8:30						

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