

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <u>No Classes</u> 	2 Power Yoga 9:00-10:15am Interval Training 6:15-7:15pm	3 Cardio & Strength 9:00-10:00am Kids Zumba 3:45-4:45pm PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	4 ZUMBA! 9:00-10:00am ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:30pm	5 Power Yoga 9:00-10:15am Kids Yoga 3:45-4:45pm Interval Training 6:00-7:00pm	6 20/20/20 9:00-10:00am Black Light ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:15pm	7 PowerCore Pilates 9:30-10:30am
8 Power Yoga 8:30-9:45am ZUMBA! 10:30-11:30am	9 Power Yoga 9:00-10:15am Interval Training 6:15-7:15pm	10 Cardio & Strength 9:00-10:00am Kids Zumba 3:45-4:45pm PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	11 ZUMBA! 9:00-10:00am ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:30pm	12 Power Yoga 9:00-10:15am Kids Yoga 3:45-4:45pm Interval Training 6:00-7:00pm	13 20/20/20 9:00-10:00am Black Light ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:15pm	14 PowerCore Pilates 9:30-10:30am
15 Power Yoga 8:30-9:45am	16 <u>No Yoga Class</u> <u>MLK Day</u> Interval Training 6:15-7:15pm	17 Cardio & Strength 9:00-10:00am Kids Zumba 3:45-4:45pm PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	18 ZUMBA! 9:00-10:00am ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:30pm	19 Power Yoga 9:00-10:15am Kids Yoga 3:45-4:45pm Interval Training 6:00-7:00pm	20 20/20/20 9:00-10:00am Black Light ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:15pm	21 PowerCore Pilates 9:30-10:30am
22 Power Yoga 8:30-9:45am	23 Power Yoga 9:00-10:15am Interval Training 6:15-7:15pm	24 Cardio & Strength 9:00-10:00am Kids Zumba 3:45-4:45pm PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	25 ZUMBA! 9:00-10:00am ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:30pm	26 Power Yoga 9:00-10:15am Kids Yoga 3:45-4:45pm Interval Training 6:00-7:00pm	27 20/20/20 9:00-10:00am Black Light ZUMBA! 5:15-6:15pm Power Yoga 6:15-7:15pm	28 PowerCore Pilates 9:30-10:30am
29 Power Yoga 8:30-9:45am	30 Power Yoga 9:00-10:15am Interval Training 6:15-7:15pm	31 Cardio & Strength 9:00-10:00am Kids Zumba 3:45-4:45pm PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	Join us EVERY Friday for BLACK LIGHT ZUMBA! 5:15-6:15pm Wear WHITE or NEON to GLOW in the DARK No experience necessary...no one will see you if you don't know the moves!			

Fee: \$13.00 for drop-ins; discounts are available for monthly registration and family registration.

~ Ask Kati about private sessions & Yoga or Zumba parties! ~

Schedule is subject to change; changes/cancellations are announced at class and by email.

Call Kati Mellecker @ 978.514.2193 or visit the website www.katespowerhouse.com