

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>27</u> Power Yoga 8:30-9:45am	<u>28</u> Power Yoga 9:00-10:00am Interval Training 6:15-7:15pm	<u>29</u> Interval Training 9:00-10:00am PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>30</u> ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>1</u> Power Yoga 9:00-10:00am Interval Training 6:00-7:00pm	<u>2</u> 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm <u>No Yoga Class</u>	<u>3</u> <u>No Class</u>
<u>4</u> <u>No Class</u> 	<u>5</u> <u>No Classes</u>	<u>6</u> Interval Training 9:00-10:00am PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>7</u> ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>8</u> Power Yoga 9:00-10:00am Interval Training 6:00-7:00pm	<u>9</u> 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>10</u> PowerCore Pilates 9:30-10:30am
<u>11</u> Power Yoga 8:30-9:45am	<u>12</u> Power Yoga 9:00-10:00am Interval Train. 6:15-7:15pm	<u>13</u> Interval Training 9:00-10:00am PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>14</u> ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>15</u> Power Yoga 9:00-10:00am Interval Training 6:00-7:00pm	<u>16</u> 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>17</u> PowerCore Pilates 9:30-10:30am
<u>18</u> <u>No Class</u>	<u>19</u> Power Yoga 9:00-10:00am Interval Training 6:15-7:15pm	<u>20</u> Interval Training 9:00-10:00am <u>No Pilates Class</u> 20/20/20 6:15-7:15pm	<u>21</u> ZUMBA! 9:00-10:00am <u>No Pilates Class</u> ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>22</u> Power Yoga 9:00-10:00am Interval Training 6:00-7:00pm	<u>23</u> 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm <u>No Yoga Class</u>	<u>24</u> PowerCore Pilates 9:30-10:30am
<u>25</u> Power Yoga 8:30-9:45am	<u>26</u> Power Yoga 9:00-10:00am Interval Training 6:15-7:15pm	<u>27</u> Interval Training 9:00-10:00am PowerCore Pilates 5:15-6:00pm 20/20/20 6:15-7:15pm	<u>28</u> ZUMBA! 9:00-10:00am PowerCore Pilates 10:00-10:45am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:30pm	<u>29</u> Power Yoga 9:00-10:00am Interval Training 6:00-7:00pm	<u>30</u> 20/20/20 9:00-10:00am ZUMBA! 5:15-6:00pm Power Yoga 6:15-7:15pm	<u>31</u> PowerCore Pilates 9:30-10:30am

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 @ 978.464.5717 or visit the website www.katespowerhouse.com