



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					9:00-9:45am Music Together® Mixed Ages Kelly	
9:45-10:30am Music Together® Mixed Age Kelly	9:30-10:15am Kinder Acro Dance (age 3-5) Nicole	9:15-10:15am Stretch with ME! Heather	9:45-10:45am Move With Me Kelly		10:00-10:45am Music Together® Mixed Age Kelly	
10:50-11:50am Work Out with Me Postnatal Kelly		10:30-11:30am Move With Me Kelly	11:00-12:00pm Work Out with Me Postnatal Kelly	11:00-12:00pm Postnatal Support Group Kayla	11:00-12:00pm Conditioning Kelly	10:00-11:00am Prenatal Yoga Class Lindsey
12:05-12:50pm Conditioning Paige	12:05-12:50pm Stretch Nicole	11:45-12:45pm Work Out with Me Postnatal Kelly	12:05-12:50pm All Levels Yoga Kimberly	12:15-1:15pm Stretch with Me! Heather	12:45-1:30pm Kinder Acro Dance (age 3-5) Nicole	11:15-12:15pm Yoga with Me Postnatal Lindsey
1:30-2:30pm Move With Me Heather	1:30-2:30pm Postnatal Support Group Kayla	1:00-2:00pm Older Adult Zumba® Gold Heather	1:15-2:00pm Kinder Acro Dance (age 3-5) Nicole	1:30-2:30pm Work Out with Me Postnatal Heather	1:45-2:45pm Level 1 Acro Ages 5-8 Nicole	
					3:00-4:00pm Beginner Acro Ages 9-12 Nicole	1:45-2:45pm Stretch Heather
					4:15-5:15pm Beginner Acro Ages 5-8 Nicole	3:00-4:00pm Experienced Adult Dance Heather
						4:15-5:15pm Beginner Adult Dance Heather
4:30-5:30pm Beginner Acro Ages 5-8 Nicole	Coming soon Stay tuned...	4:45-5:45pm Prenatal Work out with Me Heather	Coming soon Stay tuned...			
5:45-6:45pm Level 1 Acro Ages 9-12 Nicole	6:00-7:00pm Prenatal Work out with Me Kelly	6:00-7:00pm Zumba® Gold Heather	Coming soon Stay tuned...			
7:00-8:00pm Zumba® Toning Kelly	7:15-8:15pm Zumba® Kelly	7:15-8:15pm Prenatal Yoga Class Lindsey	7:00-8:00pm POUND® Kelly/Paige			
8:15-9:15pm Conditioning Kelly	8:30-9:30pm POUND® Kelly/Paige	8:30-9:30pm PiYo Live® Paige	8:15-9:15pm Conditioning Kelly			

# 10 WEEK SESSION

Jan. 7- Mar. 17 2019

Market Mall  
2325 Preston Ave



We Move

[www.wemovesk.com](http://www.wemovesk.com)  
[info@wemovesk.com](mailto:info@wemovesk.com)  
**(306) 250-7885**