



New Leaf FITNESS and SPA

newleaffitnessandspa.com

618.707.2400

May Class Schedule

MONDAY

5:30 AM	Awakening Yoga	Bonnie Bowman
8:15 AM	Row & Tone	Josh DeCausey
9:00 AM	Steady Strength	Hillahn Jennings
4:30 PM	Row & Strength	Josh DeCausey
5:00 PM	Cycling	Randy Mefford
6:00 PM	Pilates Core Mat 1	Betsy Loeb

TUESDAY

5:30 AM	Warm Mat Pilates	Lauren Loeb
8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	Therapeutic Yoga	Valerie Tingley
9:00 AM	Express Row	Josh DeCausey
4:30 PM	Aerial Yoga	Rachel Loeb
6:00 PM	Zumba Basic 1	Alexis Brown

WEDNESDAY

5:30 AM	Awakening Yoga	Bonnie Bowman
4:30 PM	Warm Mat Pilates	Lauren Loeb
4:30 PM	Row & Strength	Josh DeCausey
6:00 PM	Zumba Basic 1	Alexis Brown

THURSDAY

5:30 AM	Hot Yoga	Rachel Loeb
8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	Therapeutic Yoga	Valerie Tingley

FRIDAY

5:30 AM	Awakening Yoga	Bonnie Bowman
8:00 AM	Express Row	Josh DeCausey

Saturday

9:00 AM	Yoga	Betsy Loeb
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