



New Leaf FITNESS and SPA

newleaffitnessandspa.com

618.707.2400

May Class Schedule

MONDAY

8:00 AM	Row & Strength	Lisa & Lori
9:30 AM	YogaFlow	Lisa & Lori
5:30 PM	Row & Strength	Josh DeCausey
5:45 PM	Aerial Vinyasa(Beginner Friendly)	Rachel Rudman
6:45 PM	Intermediate-Advanced Aerial Yoga	Rachel Rudman

TUESDAY

7:45 AM	Row, Reps & Rounds	Lisa & Lori
9:15 AM	Young at Heart Slow Flow Yoga	Lisa & Lori
9:00AM	Express Row	Josh DeCausey
6:00 PM	Zumba	Sara Carroll

WEDNESDAY

5:30 PM	Row & Strength	Josh DeCausey
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THURSDAY

8:00 AM	Row, Reps & Rounds	Lisa & Lori
9:30 AM	Young at Heart Deep Flow & Restore Yoga	Lisa & Lori
5:15 PM	Zumba	Sara Carroll
5:30 PM	Row & Strength	Josh DeCausey
6:30 PM	Hot Yoga	Rachel Rudman

FRIDAY

7:30 AM	Express Row	Josh DeCausey
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Saturday