



New Leaf *FITNESS and SPA*

newleaffitnessandspa.com

618.707.2400

October Class Schedule

MONDAY

8:15 AM	Row & Strength	Josh DeCausey
5:00 PM	Bike Intervals	Randy Mefford
5:00 PM	Row & Strength	Josh DeCausey

TUESDAY

8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	YogaFlow	Valerie Tingley
9:00 AM	Express Row	Josh DeCausey
5:00 PM	Mat Pilates	Lauren Loeb

WEDNESDAY

5:00 PM	Row & Strength	Josh DeCausey
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THURSDAY

8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	Young at Heart Restore Yoga	Valerie Tingley
5:00 PM	Bike Intervals	Randy Mefford
5:00 PM	Row & Strength	Josh DeCausey

FRIDAY

5:30 AM	Hot Yoga	Betsy Loeb
8:00 AM	Express Row	Josh DeCausey

Saturday

7:30 AM	Pilates Sculpt	Lauren Loeb
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