New Leaf FITNESS and SPA

newleaffitnessandspa.com 618. 707. 2400

November 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		
8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	Therapeutic Yoga	Valerie Tingley
9:00 AM	Express Row	Josh DeCausey
6:00 PM	Zumba Basic 1	Alexis Brown
WEDNESDAY		
5:30 AM	Awakening Yoga	Bonnie Bowman
9:00 AM	Mindful Yoga	Betsy Loeb
4:30 PM	Row & Strength	Josh DeCausey
6:00 PM	Zumba Basic 1	Alexis Brown
THURSDAY		
8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	Therapeutic Yoga	Valerie Tingley
5:00 PM	Cycling	Randy Mefford
6:00 PM	Pilates Core Mat 1	Betsy Loeb
FRIDAY		
5:30 AM	Awakening Yoga	Bonnie Bowman
8:00 AM	Express Row	Josh DeCausey
Saturday		
9:00 AM	Yoga	Betsy Loeb