


PROGRAM SCHEDULE

SCHEDULE EFFECTIVE THROUGH DECEMBER 31
 Keep up with everything at WWW.MOVEMENTBOULDER.COM

	Monday	Tuesday	Wednesday	Thursday	Friday
GENERAL FITNESS	7:00 - 8:00 AM YOGA BASICS Jon H.	6:30 - 7:25 AM GROUP CYCLING Mychele L.	6:30 - 7:25 AM GROUP CYCLING Adriana B.	6:30 - 7:25 AM GROUP CYCLING Gary G.	10:00 - 11:15 AM MOVEMENT LAB (1st Fridays) Rotating Instructors
YOGA	12:00 - 1:00 PM ALIGNMENT YOGA 1-2 Dan M.		7:30 - 8:30 AM VINYASA YOGA 1-2 Diane F.	7:30 - 8:00 AM BLAST CORE Bobby M.	10:00 AM - 1:30 PM CHILDCARE
GROUP CYCLE	12:00 - 12:45 PM SKI FIT Megan S.	12:00 - 1:00 PM MAT PILATES (taught in Studio) Mary-Laurence B.	10:00 AM - 1:30 PM CHILDCARE	10:00 AM - 1:30 PM CHILDCARE	11:00 - 11:30 AM BLAST CIRCUIT LVL 1 Bobby M.
CLIMBING FITNESS	4:00 - 5:30 PM ADVANCED YOGA Michelle A.		12:00 - 1:00 PM VINYASA YOGA (All Levels) Kelly R.	12:00 - 1:00 PM GROUP CYCLING Gary G.	11:30 AM - 12:00 PM BLAST CORE Bobby M.
BLAST CLASS!	5:30 - 6:00 PM BLAST CORE Lauren M.		12:00 - 1:00 PM THE ROPE UP! Alicia B.	4:00 - 6:30 PM CHILDCARE	12:00 - 1:00 PM VINYASA YOGA 2 Jason B.
BLAST	6:05 - 6:35 PM BLAST PILATES (taught in Studio) Corey M.	5:00 - 6:00 PM YOGA BASICS Tammy S.	4:00 - 6:30 PM CHILDCARE	5:15 - 6:15 PM MAT PILATES (taught in Studio) Jenny K.	4:00 - 6:30 PM CHILDCARE
	5:30 - 6:15 PM GROUP CYCLING Kelly M.	5:30 - 6:15 PM CLIMBING POWER ALL LEVELS Dave W.	5:30 - 6:15 PM GROUP CYCLING Amy C.	5:30 - 6:15 PM GROUP CYCLING Brittany P.	4:00 - 5:00 PM YIN YOGA (All Levels) Mary Laurence B.
	6:30 - 7:15 PM GROUP CYCLING Kelly M.	6:00 - 6:45 PM SKI FIT Cody H.	5:30 - 6:00 PM BLAST CORE Keith L.	5:30 - 6:00 PM BLAST CIRCUIT LVL 1 Dave W.	5:00 - 6:30 PM THE ROPE UP! Drew H.
	6:30 - 7:15 PM CLIMBING RECOVERY Mercedes P.	6:15 - 7:45 PM ALIGNMENT YOGA (All Levels) Yuki T.	6:00 - 6:30 PM BLAST CIRCUIT LVL 1 Keith L.	6:00 - 6:30 PM BLAST CORE Dave W.	
	7:00 - 8:30 PM THE ROPE UP! Ty E.		6:30 - 7:00 PM BLAST CIRCUIT LVL 2 Keith L.	6:15 - 7:30 PM VINYASA YOGA 1-2 Laura Y.	 <p>HOLIDAY CLOSURES CLOSING EARLY: Sunday, Dec 18th - 4pm Saturday, Dec 24th - 4pm Saturday, Dec 31st - 4pm CLOSED: Sunday, Dec 25th Sunday, Jan 1st</p>
	7:15 - 8:30 PM VINYASA YOGA (All Levels) Diane F.		6:15 - 7:30 PM ACRO YOGA 1-2 Yuki T.	7:35 - 8:45 PM ANUSARA YOGA (All Levels) Patrick M.	
			6:30 - 7:15 PM CLIMBING POWER ALL LEVELS Mercedes P.		

	Saturday	Sunday
CHILDCARE (add'l cost)	8:30 - 10:00 AM CYCLE CINEMA! Rotating Instructors	10:00 AM - 2:00 PM CHILDCARE
	10:00 AM - 11:30 AM VINYASA YOGA (All Levels - SLOW FLOW) Dan M.	10:00 - 11:00 AM MAT PILATES (taught in Studio) Corey M. and Jenny K.
	10:30 - 11:00 AM BLAST CIRCUIT 1 Jeremy D.	12:30 - 1:45 PM VINYASA YOGA (All Levels) Laura F.
	11:00 - 11:30 AM BLAST CORE Jeremy D.	4:00 - 5:00 PM GENTLE YOGA (All Levels) Kelly R.