

# Studiofitness

BARRE | PILATES | STRETCH

## FEBRUARY 2019

SUN	MON	TUES	WED	THURS	FRI	SAT
	9:00 AM – 9:30 MELT Method	9:00 AM – 9:55 Bungee 55+	9:30 AM – 10:25 Essentrics® Aging Backwards	9:30 AM – 10:25 Barre Strength and Stretch	9:00 AM – 9:55 Essentrics® Aging Backwards	9:30 AM – 10:25 Essentrics®
10:00 AM – 10:55 Essentrics® Barre	9:35 AM – 10:30 Gentle Pilates	10:00 AM – 10:55 Pilates Suspension	10:35 AM – 11:30 Essentrics® Aging Backwards	10:35 AM – 11:30 Pilates	10:30 AM – 11:25 Bungee 55+	10:30 AM – 11:45 BeMoved Dance
11:00 AM – 11:40 Sunday Stretch	11:00 AM – 11:55 Gentle Bungee					
12:00 PM – 12:55 Bungee FIT						
1:00 PM – 1:55 Bungee INTRO (Feb 24)	5:00 PM – 5:55 Intermediate Pilates	Foundations Training Studio Rental (4:00 PM – 7:00)	5:15 PM – 6:10 Essentrics® Barre	5:00 PM – 5:55 Essentrics® Aging Backwards	5:30 PM – 6:25 Pilates Workout	
4:30 PM – 5:30 Zumba	6:00 PM – 6:55 Barre Workout		6:15 PM – 7:00 Bungee Workout	6:00 PM – 6:55 Iron Barre		
	7:00 PM – 8:00 Salsa Basics	7:15 PM – 8:15 Zumba	7:15 PM – 8:15 Zumba Toning	7:05 PM – 8:00 Bungee Playground		
	8:00 PM – 9:00 Bachata Basics			8:00 PM – 9:00 Salsa Patterns		
				9:00 PM – 10:00 Bachata Patterns		

Check online ([studiofitnessvictoria.com](http://studiofitnessvictoria.com)) for changes and updates to the schedule.

Zumba, Foundations Training and Salsa & Bachata classes are independently organized through studio rentals.