

# Studiofitness

BARRE | PILATES | STRETCH

## MAY 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	
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			1:00 PM – 2:00 Yoga Moma (May 16)		
12:00 PM – 12:55 Bungee FIT						
1:15 PM - 2:00 Mother's Day Bungee (May 12)	5:00 PM – 5:55 Intermediate Pilates		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		
	*Evening classes cancelled Victoria Day*	7:15 PM – 8:15 Zumba®	7:15 PM – 8:15 Zumba® Toning	7:05 PM – 8:00 Bungee Playground	7:00 PM – 8:00 Rhythm & Soul (May 24)	
				7:15 PM – 8:00 Bungee INTRO (May 30)		

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

Zumba classes are independently organized through Zumba with Lizzy.