



CLASS SCHEDULE FEBRUARY 2018 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT
6:45 AM						
7:00						
7:15		7:00-8:00 AM Broga w/ Brandy			7:00-8:00 AM Broga w/ Brandy	
7:30						
7:45						
8:00						
8:15	8:00-9:00 AM Reformer Pilates Level 2 w/ Tina	8:00-9:00 AM Reformer Pilates Level 1 & 2 w/ Tina	8:00-9:00 AM Reformer Pilates Level 2 w/ Tina		8:00-9:00 AM Reformer Pilates Level 1 & 2 w/ Tina	
8:30						
8:45						
9:00						
9:15						
9:30		9:15-10:15 AM CoreAlign Fundamentals w/ Jessie	9:15-10:15 AM Reformer Pilates Level 2 w/ Beth		9:15-10:15 AM CoreAlign Fundamentals w/ Jessie	
9:45						
10:00						
10:15						
10:30						
10:45		10:30-11:30 AM CoreAlign Advanced w/ Brandy	10:30-11:30 AM Reformer Pilates Level 3 w/ Tina	10:30-11:30 AM CoreAlign Intermediate w/ Brandy	10:30-11:30 AM Reformer Pilates Level 3 w/ Jessie	
11:00	11:00 AM-12:00 PM Mat Pilates Level 1 w/ Beth					11:00 AM-12:00 PM Intro to Mat Pilates w/ Tina (starts March 1st)
11:15						
11:30						
11:45						
12:00 PM						
12:15	12:00-1:00 PM Reformer Pilates Level 2 w/ Beth	12:00-1:00 PM Reformer Pilates Level 3 w/ Tina				12:00-1:00 PM Mat Pilates Intermediate w/ Tina (starts March 1st)
12:30				12:30-1:30 PM Reformer Pilates Level 2 w/ Beth		
12:45						
1:00						1:00-2:00 PM Reformer Pilates Basics w/ Tina (starts March 1st)
1:15						
1:30	1:15-2:15 PM CoreAlign Intermediate w/ Brandy				1:15-2:15 PM CoreAlign Intermediate w/ Brandy	
1:45		1:30-2:30 PM Total Barre w/ Jessie				
2:00						
2:15						
2:30	2:15-3:15 PM Pilates Modified for Rehab w/ Tina		2:15-3:15 PM Pilates Modified for Rehab w/ Tina			
2:45						
3:00						
3:15						
3:30						
3:45						

Dates/times are subject to change. Many more classes to be added soon!
See class descriptions online: evolvefitstudios.com



CLASS SCHEDULE FEBRUARY 2018 STUDIO ELEVATE

	MON	TUES	WED	THURS	FRI	SAT
4:00 PM						
4:15						
4:30	4:15-5:15 PM CoreAlign Intermediate w/ Brandy					
4:45		4:30-5:30 PM Broga w/ Brandy		4:30-5:30 PM Total Barre w/ Jessie		
5:00						
5:15						
5:30						
5:45	5:30-6:30 PM Broga w/ Skye	5:30-6:30 PM CoreAlign Fundamentals w/ Jessie	5:30-6:30 PM Reformer Pilates Level 2 w/ Christy	5:30-6:30 PM Mat Pilates Level 2 w/ Jessie		
6:00						
6:15						
6:30						
6:45	6:30-7:30 PM CoreAlign Advanced w/ Brandy	6:30-7:30 PM Reformer Pilates Levels 1 & 2 w/ Jessie	6:30-7:30 PM CoreAlign Advanced w/ Brandy	6:30-7:30 PM Reformer Pilates Lev 1 & 2 w/ Jessie		
7:00						
7:15						
7:30						
7:45						
8:00						
8:15						

**Dates/times are subject to change. Many more classes to be added soon!
See class descriptions online: evolvefitstudios.com**



CLASS SCHEDULE FEBRUARY 2018 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
6:45 AM						
7:00						
7:15						
7:30						
7:45						
8:00						
8:15	8:00-9:00 AM Box & Burn w/ Skye	8:00-9:00 AM Fit Fusion 2 w/ Brandy	8:00-9:00 AM Box & Burn w/ Skye	8:00-9:00 AM Fit Fusion 1 w/ Skye	8:00-9:00 AM Fit Fusion 2 w/ Jon	
8:30						
8:45						
9:00						
9:15	9:00-10:00 AM Fit Fusion 2 w/ Skye		9:00-10:00 AM Fit Fusion 2 w/ Skye	9:00-10:00 AM Movement FUNdamentals w/ Skye		
9:30						
9:45						9:30-10:30 AM Fit Fusion 1 & 2 Trainer TBA
10:00	10:00-10:30 AM Recovery Tech/ Foam Roll w/ Skye		10:00-10:30 AM Recovery Tech/ Foam Roll w/ Skye	10:00-11:00 AM Bodyweight Strength & Endurance w/ Skye		
10:15						
10:30						
10:45						
11:00						
11:15						
11:30						
11:45						
12:00 PM	11:45 AM-12:45 PM Fit Fusion 2 w/ Skye					
12:15		12:00-1:00 PM Boxing/ Kickboxing w/ Jon				
12:30						
12:45						
1:00						
1:15	1:00 PM-2:00 PM Golf Fitness w/ Jon					
1:30						
1:45						
2:00						
2:15						
2:30						
2:45						
3:00						
3:15						
3:30						
3:45						

**Dates/times are subject to change. Many more classes to be added soon!
See class descriptions online: evolvefitstudios.com**



CLASS SCHEDULE FEBRUARY 2018 STUDIO EXCEL

	MON	TUES	WED	THURS	FRI	SAT
4:00 PM						
4:15				4:00-5:00 PM Movement FUNdamentals w/ Skye		
4:30	4:30-5:30 PM Movement FUNdamentals w/ Skye	4:30-5:30 PM Movement FUNdamentals w/ Skye	4:30-5:30 PM Fitness FUNdamentals w/ Skye <small>(starts March 7th)</small>			
4:45						
5:00						
5:15						
5:30				5:15-6:15 PM Fit Fusion 2 w/ Skye	5:30-6:30 PM Boxing/ Kickbox- ing w/ Jon	
5:45	5:30-6:30 PM Fit Fusion 1 w/ Brandy	5:30-6:30 PM Fit Fusion 2 w/ Skye	5:30-6:30 PM Fit Fusion 1 & 2 w/ Skye			
6:00						
6:15				6:15-7:15 PM Fit Fusion 1 w/ Skye	6:30-7:30 PM Functional Strength for Runners w/ Kimber	
6:30						
6:45	6:30-7:30 PM Functional Strength for Runners w/ Kimber	6:30-7:30 PM Box & Burn w/ Skye	6:30-7:30 PM Movement FUNdamentals w/ Skye			
7:00						
7:15						
7:30		7:30-8:00 PM Recovery Tech/ Foam Roll w/ Skye				
7:45						

Dates/times are subject to change. Many more classes to be added soon!
See class descriptions online: evolvefitstudios.com