

# FEBRUARY 2019

	MON	TUE	WED	THU	FRI	SAT	SUN	
8:00 am		C L O S E D			Gravity Pilates			
9:15 am	Gravity Pilates		BURN-HIIT	Pilates on BOSU	Gravity Cardio			
9:30 am						GET-HIIT	BOSU-Tabata	
10:30 am	1) CrossCore RBT 2) Pilates Circuit			Gravity Pilates	Gravity Pilates	CrossCore RBT	Circuit Warrior	Core-listhenics or CoreBalance180
11:45 am						Gravity Amplified		
1:00 pm						Gravity Pilates		
1:45 pm							Gravity Pilates	
5:30 pm	Gravity Pilates			Gravity Pilates				
6:30 pm	Gravity Pilates			Spartacus Strength & Cardio				
6:45 pm				Pilates Circuit				
7:00 pm	Pilates Core Strength			Circuit Warrior				
7:30 pm	CardioPunch Circuit		CardioPunch Circuit					

Terms & Conditions: • Momentum Lab reserves the right to change of schedule without prior notice • Min 2 to start a group class • Advance Booking Requires • 24-hr Cancellation Policy