

MARCH 2020

	MON	TUE	WED	THU	FRI	SAT	SUN	
8:00 am		C L O S E D			"Killer" Balls			
8:30 am						Power-PUMP (Strength & Conditioning)		
9:15 am	Gravity Pilates			GET-HIIT	Pilates on BOSU	Gravity Cardio		
9:30 am						GET-HIIT	BOSU-Tabata	
10:30 am	Gravity Pilates Level 1 Pilates Circuit Level 2			Gravity Pilates	Gravity Pilates	Vinyasa YOGA	BARRE w Kristina (New)	Vinyasa YOGA
11:45 am						Pilates Circuit	Gravity Amplified	Pilates Circuit
1:00 pm							Gravity Pilates	
1:45 pm								Gravity Pilates
5:30 pm	Gravity Pilates			Gravity Pilates	Gravity Pilates			
6:30 pm	Gravity Pilates			Power-PUMP (Strength & Conditioning)				
6:45 pm					Pilates Circuit			
7:30 pm	BOX-HIIT			THUMP Boxing				

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