



Class Series FALL 2016

zenbar healing studio
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8:15am	Monday	Reformer Pilates w Dominique
8:15am	Monday	Flow & Restore Yoga w Tiffany
9:15am	Monday	Reformer Pilates w Zlatka
9:30am	Monday	Barre w Holly
10:15am	Monday	Reformer Pilates w Zlatka
11:15am	Monday	Reformer Pilates w Zlatka
6:15pm	Monday	Reformer Pilates w Dominique
7:15pm	Monday	Reformer Pilates w Dominique
7:00pm	Monday	Yoga in the Cave w Celina
8:15 am	Tuesday	Yoga in the Cave w Krista
8:15am	Tuesday	Reformer Pilates w Dominique
9:15am	Tuesday	Reformer Pilates w Zlatka
9:30am	Tuesday	Barre with Holly
10:15am	Tuesday	Reformer Pilates w Zlatka
11:15 am	Tuesday	Reformer Pilates w Zlatka
1:15pm	Tuesday	Reformer Pilates w Liz
7:15pm	Tuesday	Cardio Trampoline w Holly
8:15am	Wednesday	Reformer Pilates w Dominique
9:00am	Wednesday	Beginner Yoga Workshop w Celina (Sep 14 – Oct 5)
9:15am	Wednesday	Reformer Pilates w Dominique
9:30am	Wednesday	Barre w Holly
10:15am	Wednesday	Reformer Pilates w Dominique
10:30am	Wednesday	Therapeutic Pilates Stretch w Holly
11:15am	Wednesday	Reformer Pilates w Dominique
5:30pm	Wednesday	Beginner Yoga Workshop w Celina (Sep 14 – Oct 5)
8:15am	Thursday	Yoga in the Cave
8:30 am	Thursday	Cardio Trampoline w Holly
9:15am	Thursday	Reformer Pilates w Zlatka
9:30 am	Thursday	Barre w Holly
10:15am	Thursday	Reformer Pilates w Zlatka
11:15 am	Thursday	Reformer Pilates w Zlatka
7:30pm	Thursday	Goddess Flow w Krista
9:15am	Friday	Reformer Pilates w Zlatka
9:30 am	Friday	Yoga Flow w Celina
10:15am	Friday	Reformer Pilates w Zlatka
8:30am	Saturday	Barre w Holly
9:30am	Saturday	Barre w Holly
8:15am	Sunday	Slow Flow & Stretch w Celina
9:30am	Sunday	Cardio Barre w Holly