

Schedule for August 19, 2013 - August 25, 2013

Mon August 19, 2013	Class	Teacher	Location
6:00 AM - 7:00 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Shira Kl	MA - Fresh Pond
7:15 AM - 8:15 AM	CorePower Yoga 2 - Heated Power Yoga	Melissa M	MA - Fresh Pond
9:30 AM - 10:30 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	JC	MA - Fresh Pond
12:00 PM - 1:00 PM	CorePower Yoga 2 - Heated Power Yoga	Kat	MA - Fresh Pond
1:30 PM - 2:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Maureen	MA - Fresh Pond
4:30 PM - 5:30 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Kristina	MA - Fresh Pond
5:30 PM - 6:30 PM	Hot Power Fusion	Malissa	MA - Fresh Pond
6:00 PM - 7:00 PM	CorePower Yoga 2 - Heated Power Yoga	JC	MA - Fresh Pond
6:45 PM - 7:45 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Kat	MA - Fresh Pond
7:15 PM - 8:15 PM	CorePower Yoga 1 – Beginning Power Yoga	Lauren G	MA - Fresh Pond
7:30 PM - 8:30 PM	CorePower Yoga 2 - Heated Power Yoga	Kristina	MA - Fresh Pond
8:30 PM - 9:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Lyndsey	MA - Fresh Pond
Tue August 20, 2013	Class	Teacher	Location
6:00 AM - 7:00 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Kristina	MA - Fresh Pond
7:15 AM - 8:15 AM	CorePower Yoga 2 - Heated Power Yoga	Kristina	MA - Fresh Pond
9:30 AM - 10:30 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Maureen	MA - Fresh Pond
12:00 PM - 1:00 PM	CorePower Yoga 2 - Heated Power Yoga	Jori	MA - Fresh Pond
1:30 PM - 2:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Carrie	MA - Fresh Pond
4:30 PM - 5:30 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Kat	MA - Fresh Pond
5:30 PM - 6:30 PM	Hot Power Fusion	Alissa	MA - Fresh Pond
6:00 PM - 7:00 PM	CorePower Yoga 2 - Heated Power Yoga	Aubree	MA - Fresh Pond
6:45 PM - 7:45 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	JC	MA - Fresh Pond

7:15 PM - 8:15 PM	CorePower Yoga 1 – Beginning Power Yoga	Alissa	MA - Fresh Pond
7:30 PM - 8:30 PM	CorePower Yoga 2 - Heated Power Yoga	Carrie (sub for Kat)	MA - Fresh Pond
8:30 PM - 9:30 PM	CorePower Yoga 1 – Beginning Power Yoga: Candlelight	Danielle D (sub for Sylvia)	MA - Fresh Pond

Wed August 21, 2013	Class	Teacher	Location
----------------------------	--------------	----------------	-----------------

6:00 AM - 7:00 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Shira Kl	MA - Fresh Pond
7:15 AM - 8:15 AM	CorePower Yoga 2 - Heated Power Yoga	Alissa	MA - Fresh Pond
9:30 AM - 10:30 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Melissa M	MA - Fresh Pond
12:00 PM - 1:00 PM	CorePower Yoga 2 - Heated Power Yoga	Maureen	MA - Fresh Pond
1:30 PM - 2:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Shira Kl	MA - Fresh Pond
4:30 PM - 5:30 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Maureen	MA - Fresh Pond
5:30 PM - 6:30 PM	Hot Power Fusion	Danielle D	MA - Fresh Pond
6:00 PM - 7:00 PM	CorePower Yoga 2 - Heated Power Yoga	Carrie	MA - Fresh Pond
6:45 PM - 7:45 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Molly S	MA - Fresh Pond
7:15 PM - 8:15 PM	CorePower Yoga 1 – Beginning Power Yoga	Katie G	MA - Fresh Pond
7:30 PM - 8:30 PM	CorePower Yoga 2 - Heated Power Yoga	Danielle D	MA - Fresh Pond
8:30 PM - 9:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Katelyn (sub for Ben W)	MA - Fresh Pond

Thu August 22, 2013	Class	Teacher	Location
----------------------------	--------------	----------------	-----------------

6:00 AM - 7:00 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Shira Kl (sub for Becky)	MA - Fresh Pond
7:15 AM - 8:15 AM	CorePower Yoga 2 - Heated Power Yoga	Carrie	MA - Fresh Pond
9:30 AM - 10:30 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Jori	MA - Fresh Pond
12:00 PM - 1:00 PM	CorePower Yoga 2 - Heated Power Yoga	Kristina	MA - Fresh Pond
1:30 PM - 2:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Jori	MA - Fresh Pond
4:30 PM - 5:30 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Shira Kl	MA - Fresh Pond
5:30 PM - 6:30 PM	Hot Power Fusion	Maureen	MA - Fresh Pond
6:00 PM - 7:00 PM	CorePower Yoga 2 - Heated Power Yoga	Danielle D	MA - Fresh

			Pond
6:45 PM - 7:45 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Kat	MA - Fresh Pond
7:15 PM - 8:15 PM	CorePower Yoga 1 – Beginning Power Yoga	Carrie	MA - Fresh Pond
7:30 PM - 8:30 PM	CorePower Yoga 2 - Heated Power Yoga	Kristina	MA - Fresh Pond
8:30 PM - 9:30 PM	CorePower Yoga 1 – Beginning Power Yoga: Candlelight	Kat	MA - Fresh Pond
Fri August 23, 2013	Class	Teacher	Location
6:00 AM - 7:00 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Molly S	MA - Fresh Pond
7:15 AM - 8:15 AM	CorePower Yoga 2 - Heated Power Yoga	Danielle D	MA - Fresh Pond
9:30 AM - 10:30 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Kat	MA - Fresh Pond
12:00 PM - 1:00 PM	CorePower Yoga 2 - Heated Power Yoga	Danielle D	MA - Fresh Pond
1:30 PM - 2:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Maureen	MA - Fresh Pond
4:30 PM - 5:30 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Melissa M	MA - Fresh Pond
5:30 PM - 6:30 PM	Hot Power Fusion	Malissa (sub for Jori)	MA - Fresh Pond
6:00 PM - 7:00 PM	CorePower Yoga 2 - Heated Power Yoga	Kat	MA - Fresh Pond
6:45 PM - 7:45 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Shira Kl	MA - Fresh Pond
7:15 PM - 8:15 PM	CorePower Yoga 1 – Beginning Power Yoga	Kristina	MA - Fresh Pond
7:30 PM - 8:30 PM	CorePower Yoga 2 - Heated Power Yoga	Danielle D (sub for Sylvia)	MA - Fresh Pond
Sat August 24, 2013	Class	Teacher	Location
9:00 AM - 10:00 AM	CorePower Yoga 2 - Heated Power Yoga	Shira Kl	MA - Fresh Pond
9:30 AM - 10:30 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Kristina	MA - Fresh Pond
10:30 AM - 11:30 AM	CorePower Yoga 1 – Beginning Power Yoga	Becky	MA - Fresh Pond
12:00 PM - 1:00 PM	CorePower Yoga 2 - Heated Power Yoga	JC	MA - Fresh Pond
12:30 PM - 1:30 PM	Hot Power Fusion	Maureen	MA - Fresh Pond
1:30 PM - 2:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Katie G (sub for Katelyn)	MA - Fresh Pond
4:30 PM - 5:30 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Melissa M	MA - Fresh Pond

5:30 PM - 6:30 PM	Hot Power Fusion	Danielle D	MA - Fresh Pond
6:00 PM - 7:00 PM	CorePower Yoga 2 - Heated Power Yoga	Molly S	MA - Fresh Pond
Sun August 25, 2013 Class			
	Class	Teacher	Location
9:00 AM - 10:00 AM	CorePower Yoga 2 - Heated Power Yoga	Nathan	MA - Fresh Pond
9:30 AM - 10:30 AM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Becky	MA - Fresh Pond
10:30 AM - 11:30 AM	CorePower Yoga 1 – Beginning Power Yoga	Aubree	MA - Fresh Pond
12:00 PM - 1:00 PM	CorePower Yoga 2 - Heated Power Yoga	Malissa (sub for Molly S)	MA - Fresh Pond
12:30 PM - 1:30 PM	Hot Power Fusion	Nathan	MA - Fresh Pond
1:30 PM - 2:30 PM	CorePower Yoga 1 – Beginning Power Yoga	Katie G (sub for Chelsea L)	MA - Fresh Pond
4:30 PM - 5:30 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Shira (sub for Molly S)	MA - Fresh Pond
5:30 PM - 6:30 PM	Hot Power Fusion	Alissa	MA - Fresh Pond
6:00 PM - 7:00 PM	CorePower Yoga 2 - Heated Power Yoga	Malissa	MA - Fresh Pond
6:45 PM - 7:45 PM	CorePower Yoga Sculpt - Heated Power Yoga with Weights	Lauren G	MA - Fresh Pond
7:15 PM - 8:15 PM	CorePower Yoga 1 – Beginning Power Yoga	Jessy	MA - Fresh Pond
7:30 PM - 8:30 PM	CorePower Yoga 2 - Heated Power Yoga	Alissa	MA - Fresh Pond