

January 8 - 14, 2018

FREE to all WSC members. Class registration required.

Register online through Group Activities. Members of The Studio can register seven days in advance. Non-Studio members can register three days in advance.

Late arrivals will not be allowed entry.

Monday 1/8

5:30-6am	Studio Flow 1 Courtney
9:30-10am	Studio Sculpt Elena
10:15-10:45am	Studio Sculpt Elena
12-12:30pm	Power Allie
12:45-1:15pm	Power Allie
1:30-2pm	Flow 2 Corie
6-6:30pm	Hot Barb
6:45-7:15pm	Hot Barb
8-8:30pm	Restore Amy

Wednesday 1/10

5:30-6am	Power Corie
6:15-6:45am	Restore Corie
7-7:30am	Hot Lauren
9:30-10am	Flow 2 Corie
10:15-10:45am	Flow 2 Corie
1-1:30pm	Hot Allie
4:30- 5pm	Flow 2 Molly
6:30-7pm	Power Allie
7:15-7:45pm	Power Allie
8-8:30pm	Hot Courtney

Friday 1/12

9:30-10am	Flow 2 Farrah
10:15-10:45am	Restore Farrah
12-12:30pm	Sculpt Jessica
1:30-2pm	Flow 1 Farrah
5-5:30pm	Flow 2 Karen

Sunday 1/14

7:30am	Power Corie
1-1:30pm	Flow 2 Stephanie
1:45-2:15pm	Hot Stephanie
4pm	Restore Courtney

Tuesday 1/9

6-6:30am	Hot Beth
8:15-8:45am	Flow 2 Lauren
9:30-10am	Power Allie
10:15-10:45am	Hot Allie
11-11:30am	Sculpt PD
11:45-12:15	Sculpt PD
1:30-2pm	Flow 2 Farrah
4:30-5pm	Power Allie
5:15-5:45pm	Hot Allie
7:30-8pm	Flow 2 Karen
8:15-8:45pm	YIN Karen

Thursday 1/11

5:30-6am	Flow 2 Courtney
8-8:30am	Flow 1 Molly
9:30-10am	Sculpt PD
10:15-10:45am	Sculpt PD
11-11:30am	Align Barb
1-1:30pm	Hot Lauren
1:45-2:15pm	Flow 2 Lauren
5-5:30pm	Flow 1 Beth
5:45-6:15pm	Flow 2 Beth

Saturday 1/13

8-8:30am	Restore Beth (rotation b)
9:15-9:45am	Flow 2 Jeannie
10-10:30am	Sculpt Jeannie
12-12:30am	Sculpt Elena
12:45-1:15pm	Flow 2 Elena

For detailed class descriptions, please see our website.