

FUSION 55

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
m o r n i n g	vbarre BLEND 6am Lexi vbarre BURN 8am Lexi transFORMation 9am Veronica	Yoga 6am Youka (Nicole 14th) transFORMation 7am Stormi Pilates SCULPT 10:15am Louise (Group Fitness Studio)	vbarre 6am Lexi Pilates Sculpt 8am Louise (Group Fitness Studio) transFORMation 9am Veronica Bootcamp YOGA 12pm Youka (Angie 15th)	Yoga 6am Nicole (Youka 9th) REFORMation 7am Louise (Stormi 23rd) TKO Pilates 9am Louise (Kim 23rd) (Group Fitness Studio)	Mat/Tower Fusion 6am Casey vbarre 8am Lexi 9am Casey REFORMation	vbarre BURN 8:30am Lexi Int./Adv. Power Yoga 9-10:15am Youka (11th & 25th) /Susie (4th & 18th) Power Pilates Mat 9:30am Stormi Beg. / Int. YOGA 10:30am Youka (11th & 25th) /Susie (4th & 18th)	
	l u n c h	Prana Flow Yoga® 12pm Adri (Angie 20th) Power Pilates Mat 12pm Veronica vbarre 1pm Stormi	YOGA 12pm Deborah (Angie 14th) Reformer/Tower Fusion 12pm Stormi	REFORMation 12 pm Casey vbarre BURN 1pm Stormi	YOGA 12-1pm Tatiana Power Tower 12pm Stormi	YOGA 12pm Ramona Mat/Tower Fusion 12pm Casey	Reformer/Tower Fusion 10:30am Stormi *PARTNER YOGA* Sunday, Feb 12th 1-2:30pm Susie <i>Reserve your spot 972.386.2580</i> <u>Members:</u> \$20 for Individual; \$35 for couples <u>Non-Members:</u> \$30 Individual; \$40 for couples
		e v e n i n g	POWER Mat 5:30pm Stormi Power Yoga 6-7:15pm Ashley	REFORMation 4:45pm Stormi Mat/Tower Fusion 5:45pm Stormi	vbarre BURN 5:45pm Lexi Yoga 6:15-7:30pm Meagan (Leslie 1st & 15th)	transFORMation 4:45pm Stormi Power Mat 5:45pm Stormi	Grey \$5 for Members \$25 for Non-Members TELOS Performance Membership-FREE! Orange \$15-Members \$35-Non-Members TELOS Performance Plus Memberships-FREE! Fusion 55 Plus Pass-All classes included <i>Note: Instructors are subject to change without notice.</i>
FEBRUARY							