

TIGERX

FINAL SCHEDULE
MAY 8 - MAY 14, 2015

FRIDAY, 5/8

6:15-7:15A	SUNRISE YOGA	C
6:15-7:15A	SUNRISE CYCLE	TL
11-11:50A	CIRCUIT	A
11-11:50A	FRIDAY FLOW	C
12-12:50P	INSANITY®	A
12-12:50P	REFORMER PILATES	B
12-12:50P	MAT PILATES	C
12-12:50P	ADV. CYCLING	TL
1-1:50P	POWER YOGA	C

SATURDAY, 5/9

10:15-11:15A	PUMP (XTENDED)	A
10:30-11:20A	REFORMER PILATES	B
10:30-11:20A	MAT PILATES	C
10:30-11:15A	FUNCTIONAL FITNESS SG	
10:30A-12P	ENDURANCE CYCLING	TL
11:30A-12:20P	ZUMBA®	A
11:30A-12:20P	POWER YOGA	C

SUNDAY, 5/10

5-5:50P	PUMP	A
5-5:50P	ADV. REFORMER	B
5-5:50P	ADV. CYCLING	TL
6-6:50P	INSANITY®	A
7-8:15P	POWER YOGA	C

MONDAY, 5/11

6:15-7:15A	SUNRISE YOGA	C
6:15-7:15A	SUNRISE CYCLE	TL
10-10:45A	FUNCTIONAL FITNESS SG	
11-11:50A	POWER YOGA	C
12-1P	TRIPLE THREAT	A
12-12:50P	REFORMER PILATES	B
12-12:50P	RESTORATIVE YOGA	C
4-4:50P	INSANITY®	A
4-4:50P	ADV. REFORMER	B
4-4:50P	PIYO®	C
5-5:50P	ZUMBA®	A
5-5:50P	VINYASA ALL LEVELS	C
5-5:50P	INT. CYCLING	TL
6-6:50P	TURBO KICK®	A
6-6:50P	MAT PILATES	C
7-7:50P	ABS & GLUTES	A
7-7:50P	POWER YOGA	C

TUESDAY, 5/12

9-9:50A	REFORMER PILATES	B
9-9:50A	PIYO®	C
11-11:50A	VINYASA LEVEL 2	C
12-12:50P	ABS & ARMS	A
12-12:50P	INT. CYCLING	TL
1-1:50P	POWER	A
4:30-5:20P	PUMP	A
4:30-5:20P	PILATES PLUS	C
5:30-6:20P	TURBO KICK®	A
5:30-6:20P	MEDITATIVE YOGA	C
6:30-7:20P	ZUMBA®	A
6:30-7:20P	MAT PILATES	C
7:30-8:20P	INSANITY®	A
7:30-8:20P	TIGER TEASE	C

WEDNESDAY, 5/13

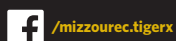
6:15-7:15A	SUNRISE YOGA	C
10-10:45A	FUNCTIONAL FITNESS SG	
11-11:50A	CIRCUIT	A
11-11:50A	VINYASA ALL LEVELS	C
12-12:50P	MEDITATIVE YOGA	C
1-1:50P	REFORMER PILATES	B
4-4:50P	POWER	A
4-4:50P	PIYO®	C
4-4:50P	INT. CYCLING	TL
5-5:50P	TURBO KICK®	A
5-5:50P	ADV. MAT PILATES	C
5-6:30P	ENDURANCE CYCLING	TL
6-6:50P	PUMP	A
6-6:50P	MEDITATIVE YOGA	C
7-7:50P	POWER YOGA	C

THURSDAY, 5/14

6:15-7:15A	SUNRISE CYCLE	TL
9-9:50A	REFORMER PILATES	B
12-12:50P	VINYASA ALL LEVELS	C
4:30-5:20P	PUMP	A
4:30-5:20P	RESTORATIVE YOGA	C
5:30-6:20P	TURBO KICK®	A
5:30-6:20P	POWER YOGA	C

STUDIO KEY: [A] :: STUDIO A [B] :: STUDIO B [C] :: STUDIO C [TL] :: TIGER LAIR [SG] :: STALCUP'S GARAGE

FOR CLASS DESCRIPTIONS AND OTHER INFORMATION, PLEASE VISIT [MIZZOUREC.COM](http://mizzourec.com)
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