

# Firefly Fitness/ The Studio Music and Movement Class Schedule

The Studio is only open during scheduled class times.  
 \*All Classes are subject to change  
 Visit us online at [www.thestudiomm.com](http://www.thestudiomm.com) for all class updates

Class and Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fitness</b>							
<b>8:30am-9:15am</b>	<u>8:30am</u> Intermediate Pilates/Barre Mix <b>Jenn</b>	<u>8:30am</u> Bootcamp <b>Jenn</b>	<u>8:30</u> Bootcamp <b>Dannah</b>	<u>9:15am</u> HIIT, Step HIIT or Tabata <b>Jenn</b>	<u>8:30am</u> Intermediate Mat Pilates <b>Jenn</b>		Closed
<b>10:00 am</b>	Tai Chi <b>Veronica</b>	Senior/Slow Flow Pilates <b>Jenn</b>	Yoga Flow <b>Courtney</b>	Senior/Slow Flow Pilates <b>Jenn</b>			Closed
<b>6:15 pm</b>			Mat Pilates <b>Lindsay</b>				Closed
<b>6:00 pm&amp;7:15 pm</b>		Yoga <b>Kelly</b>					
<b>Acudetox - Sound Healing</b>	Pop Up Sessions <b>Heather</b>	Pop Up Sessions <b>Brittany</b>					Closed
<b>Music</b>							Closed
<b>10:30-5:00 pm</b>			Guitar, Bass, Piano <b>Todd</b>	Guitar, Bass, Piano <b>Todd</b>	Guitar, Bass, Piano <b>Todd</b>		Closed

**Jenn**- Fitness- 720.505.9394 **Dannah**- Fitness- 303.550.8169 **Lindsay**-Fitness-720.309.5089 **Veronica**- Tai chi -720.896-6335  
**Brittany** -Sound Healing-720-289-4002 **Heather**-Acudetox- 303.505.8355 **Kelly**-Yoga -717-512-6596  
**Courtney**- Yoga-303-653-7470 **Todd**- Piano,Bass,Guitar-818-915-8599 \***Music Lessons- by appointment only**