

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 for all class updates

Class and Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness							
8:30am-9:00am	<u>8:30am</u> Intermediate Mat Pilates Jenn	<u>8:30am</u> Bootcamp Jenn	<u>*9am</u> Bootcamp, Evans Park Dannah	<u>8:30am</u> HIIT, Step HIIT or Tabata Jenn	<u>8:30am</u> Intermediate Mat Pilates Jenn		Closed
10:00 am	Tai Chi Veronica	Senior/Slow Flow Pilates Jenn	Yoga Flow Courtney *Starts June 19th	Senior/Slow Flow Pilates Jenn			Closed
11:15 am		Kids Fitness-Ages 8-14 Jenn		Kids Fitness-Ages 8-14 Jenn			Closed
6:00 pm & 7:15 pm		Yoga Kelly	Pop up Pilates w/ Lindsay- See FB or website for details				
Acudetox - Sound Healing	Pop Up Sessions Heather June 24 th 7pm	Pop Up Sessions Brittany June 24 th 7pm					Closed
Music							Closed
10:30-5:00 pm			Guitar, Bass, Piano Todd	Guitar, Bass, Piano Todd	Guitar, Bass, Piano Todd		Closed

Jenn- Fitness- 720.505.9394 **Dannah**- Fitness- 303.550.8169 **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