

# Julie's Fitness Studio

2008 Willamette Falls Dr. (Suite 200B) West Linn, OR 97068

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:00- 8:00am <b>Cardio Circuit</b> w/ Chris		7:30- 8:30am <b>Body Sculpt</b> w/ Julie	
8:15- 9:15am <b>Body Sculpt</b> w/ Julie		8:15- 9:15am <b>Body Sculpt</b> w/ Julie		8:15- 9:15am <b>Cardio Sculpt</b> w/ Julie	8:30- 9:30am <b>Body Sculpt</b> w/ Julie	8:45- 9:45am <b>Gentle Restorative Yoga</b> w/ Kristin
9:20- 10:20am <b>Vinyasa Yoga</b> w/ Julie	9:15- 10:15am <b>Yoga Basics</b> w/ Liisa		9:15- 10:15am <b>Yoga Basics</b> w/ Liisa	9:20- 10:20am <b>Power Yoga</b> w/ Julie	9:45- 10:45am <b>Flow</b> w/ Katarina	
	10:30- 11:30am <b>Beyond Yoga Basics (Level 2)</b> w/ Liisa			10:30- 12:00pm <b>Intermediate Belly Dance</b> w/ Maia	11:00- 12:00pm <b>Baby and Me</b> w/ Emily	
				12:00- 1:30pm <b>Belly Dance Basics</b> w/ Maia		
5:30- 6:30pm <b>Body Sculpt</b> w/ Julie	6:20- 7:20pm <b>Hatha Yoga</b> w/ Courtney	6:00- 7:15pm <b>Yoga Basics</b> w/ Liisa				
6:30- 7:45pm <b>Gentle Restorative Yoga</b> w/ Kristin	<b>New!</b> (begins Apr 7) 7:30- 9:00pm <b>Mindfulness Meditation</b> w/ Missy		7:00- 8:00pm <b>Stretch &amp; Unwind</b> w/ Katarina			

[www.jfitnessstudio.com](http://www.jfitnessstudio.com)

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