



Weekly Schedule 2019

Book and Buy sessions and packages online at www.gymrootsinc.com.

Private sessions can be purchased online, but scheduling must be done directly with the instructor.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	8:30 NPM Fusion 9:30 NPM Fusion 11:00 NPM Fusion	9:00-12:00 SHPA Clinic ***NEW*** 30-minute healing sessions	Private Sessions Only	10:00 NPM Fusion	8:00 P10P Mat Class 9:15 NPM Fusion	9:00 NPM Fusion (beginning March 2)
AFTERNOON	12:00 NPM Fusion 4:00 Athlete Clinic	12:30 Reformer Fusion		12:00 Guided Meditation		
EVENING	6:00 Reformer Fusion	6:00 P10P Mat Class	6:00 Reformer Fusion	6:00 NPM Fusion		

Additional Sessions By Appointment Only

- Introductory Membership Sessions
 - Required 2 private sessions for all new studio clients
- Private Sessions
 - Individuals, Small Groups, Online Video Sessions
- P10P Workshops
 - Let us assess your team, then identify and teach you the best tools to help reach your goals
- JOYful JOYnts Outreach
 - Bring our program to your community. 8-week traveling sessions available by application.