



Weekly Schedule

August thru December 2019

Book and Buy sessions and packages online at www.gymrootsinc.com. Please check the online scheduler to make sure your class is meeting on a certain date. Private sessions can be purchased online, but scheduling must be done directly with the instructor.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	8:30 Pilates Fusion 9:30 Pilates Fusion 11:00 Pilates Fusion	Outreach Programs Available	Private Sessions Only	8:45 SHPA Clinic 10:00 Pilates Fusion 11:15 SHPA Clinic	8:00 P10P Mat Class 9:15 Pilates Fusion	Gymnastics Programs @ DeVeau's School of Gymnastics
AFTERNOON	12:00 Pilates Fusion			12:30 Meditation (check schedule)		
EVENING	4:00 (starts 8/12) Athlete Clinic 6:00 Pilates Fusion	Gymnastics Programs @ DeVeau's School of Gymnastics	5:00 (starts 8/14) P10P Mat Class 6:00 Pilates Fusion 7:15 Meditation (check schedule)	5:00 Reserved 6:30 Monthly Education and Workshops		

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.