



**DUBLIN**  
**CLASS SCHEDULE**  
**JAN 1 - MAR 31, 2017**

614-397-8230 (call or text)  
 INFO@PAIYogaFitness.com

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
E A R L Y	5:30-6:30a HIIT FIT Laura Mastella	5:30-6:30a SpinTRX60 Jenny Rodrick	5:30-6:30a TRX Total Body Laura Mastella	5:30-6:30a SpinTRX60 Jenny Rodrick		7:30-8:45a SpinTRX75 Bethany West	
	5:30-6:30a Slow Rise & Shine Amy LeClair	5:30-6:30a Power Rise & Shine Kara Lough	5:30-6:30a Slow Rise & Shine Kara Lough	5:30-6:30a Power Rise & Shine Kara Lough	5:30-6:30a Power Rise & Shine Emily King	7:30-8:45a Power Yoga Kara Lough	8:30-10a HOT Power Yoga/90 Sara Goff
	5:30-6:30a Barre Rachel Hoying		5:30-6:30a Barre Tiffany Baymiller				
M I D  M O R N I N G	9:30-10:30a TRX Total Body Bethany West	9:30-10:30a SpinTRX60 Bethany West	9:30-10:30a HIIT FIT Shelly Breehl	9:30-10:30a SpinCore Bethany West	9:30-10:30a TRX Total Body Shelly Breehl	9-10a TRX Total Body Laura Mastella	9-10a Spinning Suzanne Schwarz
	9:30-10:45a HOT Power Yoga/75 Laura Hooker	9:30-10:45a Slow Burn Holly Booth	9:30-10:45a Power Yoga Chan	9:30-10:45a Slow Burn Holly Booth	9:30-10:45a HOT Power Yoga/75 Chan	10:15-11:15a TRX Basics The TRX Expert .)	10:15-11:15a HIIT FIT Richard Green
						9:15-10:15a Basics Flow Kara Lough	10:15-11:15a Slow Flow Sara Goff
						10:30-12p HOT Power Yoga/90 Amy Lybrook	10:15-11:15a Barre60 Tiffany Baymiller
L U N I C H E	12-1p Power Yoga Sara Goff	12-1p Basics Flow Kara Lough	12-1p Power Yoga Sara Goff	12-1p Basics Flow Kara Lough	12-1p Basics Flow Kara Lough		
	4:15-5:30p Yoga & Meditation/75 Kara Lough	4:15-5:30p Slow Flow Olga O'Neil	4:15-5:30p Yoga & Meditation/75 Kara Lough	4:15-5:30p Power Yoga Chan	4:15-5:30p Slow Flow Olga O'Neil	4-5:15p Slow Burn Shannon H.	
A F T E R N O O N			4:15-5:15p SpinCore Kelly Rauch				
	6-7p TRX Total Body Ulrike Rosser	6-7p HIIT FIT Laura Mastella	6-7p TRX Total Body Ulrike Rosser	6-7p HIIT FIT Laura Mastella			4-5p TRX Total Body Ulrike Rosser
E V E N I N G	6-7p TRX/KB Ulrike Rosser	6-7p Spinning Erica Backhurst		6-7p SpinYoga60 Leslie Yoakam			5:15-6:15p Michele Klem
	7:15-8:15p SpinCore Kelly Rauch	7:15-8:15p TRX Total Body Richard Green		7:15-8:15p TRX Total Body Richard Green			5:15-6:30p Slow Flow Aaron King
	6-7:15p HOT Power Yoga/75 Amy Lybrook	6-7:15p Power Flow Chan	6-7:15p HOT Power Yoga/75 Amy Lybrook	6-7:15p Slow Flow Erin Shipley	6-7:30p Yoga & Meditation/90 Carrie Ingham		4-5p Barre60 Jennie Lawrence
	7:30-8:30p Basics Flow Kara Lough	7:30-8:45p HOT Power Yoga/75 Aaron King	7:30-8:30p Basics Flow Kara Lough	7:30-8:45p HOT Power Yoga/75 Aaron King			
	6-7p Barre60 Jessica Horstman	7:15-8:15p Barre60 Kari Riskedahl	6-7p Barre60 Jessica Horstman	7:15-8:15p Barre60 Lynn Ison			

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Last update  
22-Dec

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