

# Twisters

## January 2017 Schedule Changes

### ERDENHEIM CENTER

Day	Time	Class	Teacher	Duration	Change
<b>Monday</b>		<i>No Schedule Changes On This Day</i>			
<b>Tuesday</b>	5:45 AM	\$10 Early Bird Led Ashtanga Vinyasa (85°)	Carolyn	60 Min.	Cancelled
	6:00 AM	Hot Pilates: All Level (95°)	Nicole	60 Min.	New Class
	8:15 AM	Pilates Mat: All Level	Jenny	55 Min.	Cancelled
<b>Wednesday</b>	5:30 AM	Bikram Traditional 90 Min: All Level (105°)	Denise	90 Min.	New Class
	9:30 AM	Vinyasa Flow: All Level	Dara	75 Min.	New Teacher
<b>Thursday</b>	5:45 AM	\$10 Early Bird Led Ashtanga Vinyasa (85°)	Carolyn	60 Min.	Cancelled
	6:00 AM	Hot Pilates: All Level (95°)	Nicole	60 Min.	New Class
	8:15 AM	Pilates Mat: All Level	Jenny	55 Min.	Cancelled
<b>Friday</b>		<i>No Schedule Changes On This Day</i>			
<b>Saturday</b>	9:30 AM	Barre Class: All Level	Alyssa	55 Min.	New Teacher
<b>Sunday</b>		<i>No Schedule Changes On This Day</i>			

### AMBLER CENTER

Day	Time	Class	Teacher	Duration	Change
<b>Monday</b>	9:30 AM	Reformer Class: All Level	Jenny	55 Min.	Cancelled
	9:30 AM	Reformer Fusion: Level II	Alexis	55 Min.	New Class & Time
	11:15 AM	Heated Pilates: All Level (90°)	Nicole	60 Min.	New Class
	7:10 PM	30 / 30 Barre & Pilates Mat: All Level	Jenny	55 Min.	Cancelled
<b>Tuesday</b>	8:10 AM	Heated Vinyasa Flow: All Level (90°)	Elizabeth	60 Min.	New Class
	12:00 PM	Heated Vinyasa Flow: All Level (90°)	Stuart	60 Min.	New Class
	7:05 PM	Classic Hatha: Level I/II	Andrea	60 Min.	New Teacher
	7:10 PM	Barre Class: All Level	Yuki	55 Min.	New Teacher
<b>Wednesday</b>	9:30 AM	Reformer Class: All Level	Jenny	55 Min.	Cancelled
	10:30 AM	Reformer Class: Level I/II	Jenny	55 Min.	Cancelled
	11:15 AM	Heated Pilates: All Level (90°)	Nicole	60 Min.	New Class
	7:10 PM	30 / 30 Barre & Pilates Mat: All Level	Jenny	55 Min.	Cancelled
<b>Thursday</b>	8:10 AM	Heated Vinyasa Flow: All Level (90°)	Elizabeth	60 Min.	New Class
	12:00 PM	Heated Vinyasa Flow: All Level (90°)	Stuart	60 Min.	New Class
	7:05 PM	Classic Hatha: Level I/II	Andrea	60 Min.	New Teacher
<b>Friday</b>	8:30 AM	Reformer Class: Level II	Jenny	55 Min.	Cancelled
	9:40 AM	Pilates Mat: Level I/II	Michele	55 Min.	New Teacher
	10:45 AM	Reformer with a Twist: Level II	Chrissy	55 Min.	Cancelled
	5:30 PM	Barre: Fri-Yay: All Level	Alyssa	55 Min.	New Class: Last Friday of Every Month
<b>Saturday</b>		<i>No Schedule Changes On This Day</i>			
<b>Sunday</b>	12:00 PM	Open Meditation (\$5.00)	Matthew	60 Min.	Cancelled