

MOVE  
IT STUDIO

JULY

## MONDAY

**6 AM BARRE**  
(LANCASTER)



**9:15 AM BARRE**  
(LITITZ)



**5:15 PM INT.  
MAT PILATES**



**7 PM BARRE**  
(LITITZ)



## TUESDAY

**8 AM  
MAT PILATES**



**9:15 AM BARRE**  
(LANCASTER)

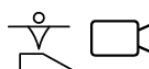


**6:30 PM BARRE**  
(LANCASTER)



## WEDNESDAY

**6 AM BARRE**  
(LANCASTER)



**9:15 AM BARRE**  
(LITITZ)



**5:15 PM  
MAT PILATES**



**6:30 PM CARDIO**



**7 PM BARRE**  
(LITITZ)

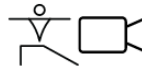


## THURSDAY

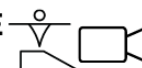
**8 AM  
MAT PILATES**



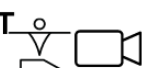
**9:15 AM BARRE**  
(LANCASTER)



**6:30 PM BARRE**  
(LANCASTER)



**7:45 PM BALLET**  
(LANCASTER)



## FRIDAY

**9:15 AM BARRE**  
(LITITZ)



## SATURDAY

**8 AM  
MAT PILATES**



**9:15 AM BARRE**  
(LITITZ)

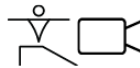


**9:30 AM CARDIO**



## SUNDAY

**9:15 AM BARRE**  
(LANCASTER)



**10:30 AM  
STRETCH**



## KEY



IN STUDIO



IN STUDIO  
W/LIVESTREAM



MOVE IT AT HOME  
(VIRTUAL ONLY)