



FREE Pilates Palooza

SAT
April
12

GROUP CLASSES

MINI PRIVATEES

OOV BREATHWORK- ALL LEVELS	<u>9AM</u>	<u>930AM</u>
MAGIC CIRCLE PILATES- LEVEL 1	<u>930AM</u>	<u>10AM</u>
MAT PILATES- LEVEL 1	<u>10AM</u>	<u>1030AM</u>
NIA- ALL LEVELS	<u>1030AM</u>	<u>11AM</u>
PILATES PLAY- LEVEL 3	<u>11AM</u>	<u>1130AM</u>
POWER PILATES- LEVEL 3	<u>1130AM</u>	<u>1PM</u>
GREET THE FEET- LEVEL 2	<u>1230PM</u>	<u>130PM</u>
NIA- ALL LEVELS	<u>1PM</u>	<u>230PM</u>
WALL PILATES- LEVEL 1	<u>130PM</u>	<u>3PM</u>
STANDING W/ ARM WEIGHTS- LEVEL 2	<u>2PM</u>	<u>330PM</u>
CORE & BOOTY BURN- LEVEL 3	<u>230PM</u>	<u>430PM</u>
HIP MOBILITY & RELEASE- LEVEL 2	<u>3PM</u>	
PILATES 4 LOW BACK PAIN- LEVEL 1	<u>330PM</u>	
INNOVATIVE FOAM ROLLER- LEVEL 1	<u>4PM</u>	
BREATHWORK- ALL LEVELS	<u>430PM</u>	
BARRE FUSION- LEVEL 2	<u>5PM</u>	
CORE AND BOOTY BURN - LEVEL 3	<u>530PM</u>	
OOV SPINE MOBILITY LEVEL 2	<u>6PM</u>	

Don't miss!



INNER WATERS IV

CRYO SESSIONS

**NUTRITION
CONSULTS**



Firefly Integrative Nutrition

HAVE QUESTIONS? CONTACT: ADMIN@AWAKEBODIES.COM

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