

# THE BARRE+YOGA ROOM June 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Barre Xpress 5:30 am	2 Barre Xpress 5:30 am	3 Barre Xpress 5:30 am	4 Barre Xpress 5:30 am	5 Barre Xpress 5:30 am	6 Kickbox+Flow 8:30 am
7	8 5:30 am Flow+Core	9 Barre+Yoga 9:30 am Barre+Yoga 6:30 pm	10 PULSE 30 5:30 am Hot Flow 6:30 pm	11 Hot Flow 9:30 am Gentle Yoga 5:30 pm Buti Yoga 6:30 pm	12 Barre Xpress 5:30 am	13 Hot Buti Yoga 8:30 am
14	15 5:30 am Flow+Core	16 Barre+Yoga 9:30 am Barre+Yoga 6:30 pm	17 PULSE 30 5:30 am Hot Flow 6:30 pm	18 Hot Flow 9:30 am Gentle Yoga 5:30 pm Buti Yoga 6:30 pm	19 Barre Xpress 5:30 am	20 Hot Flow 8:30 am
21	22 5:30 am Flow+Core	23 Barre+Yoga 9:30 am Barre+Yoga 6:30 pm	24 PULSE 30 5:30 am Hot Flow 6:30 pm	25 Hot Flow 9:30 am Gentle Yoga 5:30 pm Buti Yoga 6:30 pm	26 Barre Xpress 5:30 am	27 Barre+Yoga 8:30 am
28	29 5:30 am Flow+Core	30 Barre+Yoga 9:30 am Barre+Yoga 6:30 pm				

## EXTRAS

### LIVE CLASSES

The following will continue to be hosted as LIVE classes

All 5:30 am classes

Thursday Gentle Yoga

Thursday Buti Yoga

### VIRTUAL STUDIO

We will keep the current uploads through the end of summer available for everyone; after that we will be transitioning the virtual studio a bit. Throughout the summer we will continue to upload two classes a week.

### POP UPS

We will have some pop up classes and they will be posted on social media.

We are also hoping for a mid-summer social June 26; stay tuned! This will be determined at a later date.