



New Leaf FITNESS and SPA

newleaffitnessandspa.com

618.707.2400

November Class Schedule

MONDAY

9:00 AM	Active Yoga	Valerie Tingley
5:00 PM	Bike Intervals	Randy Mefford

TUESDAY

8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	YogaFlow	Valerie Tingley
9:00 AM	Express Row	Josh DeCausey
5:00 PM	Mat Pilates	Lauren Loeb

WEDNESDAY

THURSDAY

8:00 AM	Row & Tone	Josh DeCausey
9:00 AM	Young at Heart Restore Yoga	Valerie Tingley
5:00 PM	Bike Intervals	Randy Mefford

FRIDAY

5:30 AM	Hot Yoga Flex	Betsy Loeb
8:00 AM	Express Row	Josh DeCausey

Saturday

7:30 AM	Pilates Sculpt	Lauren Loeb
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