



Wendy Fit Yoga Pilates

SEPTEMBER SCHEDULE OF STUDIO & VIRTUAL CLASSES 2020

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 Curlew Rd Suite 6E

PH: (727) 754-7840

RSVP for Classes & Workshops ONLINE @ www.wendyfit.com

*Classes are Subject to Change (No Memberships)

NTY=New to
Yoga (All Levels)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>NAMASTE ROOM Temporarily 10 Max in- studio classes</p> <p>Mat Pilates is ALL levels. NTY= Class can adapt to beginners and all levels.</p> <p>All classes are offered in Studio and Virtually. <i>Please preregister for all classes.</i></p> <p>Aerial is In Studio Only.</p>		7:00 -8:00 AM Sunrise Yoga w/ Ashley NTY			8:30-9:30 AM Gentle Yoga w/ Ashley NTY	8:30 – 9:45 AM Power Yoga w/Wendy	
	9:30-10:45 AM Hatha Yoga w/ Sevdije	9:30 – 10:30 AM Pilates Plus w/Wendy	9:30 – 10:45 AM Alignment Yoga w/Wendy NTY	9:30-10:45 AM Power Yoga w/Valentina	9:45-10:45 AM Pilates Plus w/ Wendy	10:00 – 11:00 AM Classical Pilates w/ Katherine	9:30-10:30AM Aerial Yoga Basics w/Noelle
	<i>New Time!</i> 11:00AM-12:00 Classical Pilates w/Katherine		<i>New Time!</i> 11:15 AM-12:30PM Yin Yoga w/Ashley NTY		11:00 AM – 12:15 PM Hatha Yoga w/Wendy NTY	11:15 AM – 12:15 PM Hatha Yoga w/Valentina	11:00AM - 12:15 PM Yoga Basics w/Noelle NTY
	4:45 – 5:45 PM Pilates Plus w/Sara T.	3:00-4:15 PM Gentle Yoga w/Ashley NTY					TRX Check website for details
	6:00 – 7:15 PM Power Yoga w/Wendy	5:45 – 6:45 PM Pilates Plus w/Sevdije	6:00-7:15 PM Hatha Yoga w/Wendy NTY	6:30 - 7:30 PM Pilates w/ Barre Assist w/Wendy			
	7:30 - 8:45 PM Yoga for Stress & Injury Prevention w/Wendy NTY	7:00 - 8:00 PM Warm Yoga Flow w/Sevdije	7:30-8:30 PM Aerial Yoga Level 1 w/Noelle	7:45 – 8:45PM Aerial Yoga Level 2 w/Noelle			
		8:15 – 9:15 PM Belly Dance w/ Sevdije					

*Aerial Yoga and TRX is Pre-sign up and Pre-pay - limited to 6 students. 2 Hour cancellation required to avoid penalty.



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PERSONAL TRAINING ROOM Not Included in Mat Class Packages Appointment Required Group Pkg-\$200 Drop in-\$35 Experience req'd	9:15 – 10:15 AM *Pilates Group PT w/Wendy Temporarily Postponed		8:15-9:15 AM *Pilates Group PT w/Wendy	9:00 – 10:00 AM *Pilates Group PT w/Wendy			9:30 – 10:30 AM *Pilates Group PT w/ Sevdije
		6:30-7:30 PM *Pilates Group PT w/Wendy				10:15 – 11:15 AM *Pilates Group PT w/ Wendy	
				5:15 – 6:15 PM *Pilates Group PT w/Wendy			
UPCOMING WORKSHOPS	Virtual and In Studio Workshops: September 19 th 12:30 Yoga for Working Through Emotions w/Ashley Hinds Pilates Reformer Certification-Saturdays 10/3-11/25 Early Bird discount \$200 until Sept. 22 nd .						