



Wendy Fit Yoga Pilates

# OCTOBER 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](http://www.wendyfit.com)

\*Classes are Subject to Change (No Memberships)

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

\*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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<b>PERSONAL TRAINING ROOM</b> Not Included in Mat Class Packages <b>Appointment Required</b> Group Pkg-\$200 Drop in-\$35 Experience req'd	9:15 – 10:15 AM *Pilates Group PT w/Wendy <b>Temporarily Postponed</b>		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			
<b>UPCOMING WORKSHOPS</b>	<b>Pilates Reformer Certification- Begins 10/3</b> <b>Yoga Teacher Training begins January 2021-\$200 early bird discount.</b>						