



Wendy Fit Yoga Pilates

JANUARY SCHEDULE OF STUDIO & VIRTUAL CLASSES 2021

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)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>NTY=New to Yoga (All Levels)</p> <p>Mat Classroom Temporarily 10 Max in- studio classes</p> <p>Mat Pilates is ALL levels.</p> <p>NTY= Class can adapt to beginners and all levels.</p> <p>Most classes are offered in Studio and Virtually.</p> <p><i>Please preregister for all classes Space is limited.</i></p>					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 NTY	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 Pre-Sign Up Req'd
	11:00AM-12:00PM Classical Pilates w/Katherine	11:00AM-12:15PM Gentle Yoga w/Ashley NTY	11:15 AM-12:25PM 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.		12:30-1:30PM *TRX w/Wendela Pre- Sign Up Required			12:30 -1:30PM *Aerial Low Silk w/Bre Pre-Sign Up Required	12:30-1:30 *TRX w/Wendela Pre- Sign Up Required
	6:00 – 7:15 PM Power Yoga w/Wendy	5:45 – 6:45 PM Pilates Plus w/Sevdije	6:00-7:15 PM Yogalotes (yoga w core strength) 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/Kyllee NTY	7:00 - 8:00 PM Warm Yoga Flow w/Sevdije 8:15 – 9:15 PM Belly Dance w/ Sevdije	7:45--8:45 PM *Aerial Yoga Level 1 w/Kylee Pre-Sign Up Req'd	7:45 – 8:45PM *Aerial Yoga w/Noelle Pre-Sign Up Req'd			* Aerial or TRX Class Pricing

*Aerial Yoga and TRX is Pre-sign up and Pre-pay - limited to 6 students. 2 Hour cancellation required to avoid penalty. We encourage pre-sign up for ALL classes to save your spot.



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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 Reformer Group PT w/Wendy		8:15-9:15 AM *Pilates Reformer Group PT w/Wendy	9:00 – 10:00 AM *Pilates Reformer Group PT w/Wendy	9:45-10:45AM *Pilates Reformer Group PT W/ Sevdije		9:30 – 10:30 AM *Pilates Reformer Group PT w/ Sevdije
		6:30-7:30 PM *Pilates Reformer Group PT w/Wendy				10:15 – 11:15 AM *Pilates Reformer Group PT w/ Wendy	
				5:15 – 6:15 PM *Pilates Reformer Group PT w/Wendy			
	Creating Your 2020 Vision Board Sunday Jan 17th 2:00pm. Registration required by 1/15. \$40 presented by Ashley Hinds						