



MAY SCHEDULE OF *STUDIO & VIRTUAL CLASSES* 2024

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 CURLEW RD SUITE 6E DUNEDIN FLORIDA

PH: (727) 754-7840 Text (727) 758-3280

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Most classes are offered in Studio and Virtually. Please pre-register for all classes, space is limited.</p> <p>NTY = New to Yoga NTP = New to Pilates NTA = New to Aerial</p> <p>Yoga Mats are required for all classes. Our Mat Rentals are \$1 (cash only).</p> <p>Mat Pilates Classes are ALL Levels.</p> <p>*Aerial students must wear shirts with sleeves & remove all jewelry. Chewing gum is not allowed.</p>		8:15-9:15 AM <u>*Aerial All Levels</u> w/ Noelle [Pre-Sign Up Required]				8:30-9:45 AM <u>Power Yoga</u> w/ Wendy	
	9:30-10:45 AM <u>YOGALATES</u> w/ Wendy	9:30-10:30 AM <u>Pilates Plus</u> w/ Wendy	9:30-10:45 AM <u>Alignment Yoga</u> w/ Wendy NTY	NEW! 10:00-11:00 AM <u>*Aerial Basics</u> Chinese Language w/Lucy [Pre-Sign Up Required]	9:45-10:45 AM <u>Pilates Plus</u> w/ Wendy	NEW! 10:00-11:00 AM <u>*Pilates Sculpt</u> W/ Cheri	9:30-10:30 AM <u>*Aerial Yoga Basics</u> w/ Lucy [Pre-Sign Up Required] NTA
	11:00 AM-12:00 PM <u>Pilates</u> W/Cheri NTP	11:00 AM-12:15 PM <u>Gentle Yoga</u> w/Victoria NTY	11:15 AM-12:30 PM <u>Yin Yoga w/ Gentle Movement</u> w/ Hong NTY	11:15 AM-12:30 PM <u>Gentle Yoga</u> w/ Hong NTY	11:00 AM-12:15 PM <u>Hatha Yoga</u> w/ Sevdije	NEW! 11:15 AM-12:15 PM <u>Yoga Basics</u> w/ Marissa NTY	10:45-11:45 AM <u>Hatha Flow Yoga</u> w/ Lucy
	12:15-1:15 PM <u>*TRX Suspension Training</u> w/ Wendela [Pre-Sign Up Required] (Wear Sneakers)		12:45-1:45PM <u>*TRX Suspension Training</u> w/ Wendela [Pre-Sign Up Required] (Wear Sneakers)	4:15-5:15 PM <u>Happy Hips Yoga</u> w/ Noelle NTY	12:30-1:45 PM <u>Yin Yoga w/ Sandbags</u> w/ Noelle NTY	NEW! 12:30-1:30 PM <u>*Aerial Yoga Basics</u> w/ Marissa [Pre-Sign Up Required] NTA	
	4:45-5:45 PM <u>Pilates Plus</u> w/ Sara			5:30-6:30 PM <u>Pilates/Barre Sculpt</u> w/Wendy			
	6:00-7:15 PM <u>Power Yoga</u> w/ Wendy	5:30-6:30 PM <u>Pilates Plus</u> w/ Sev & Cheri	6:00-7:15 PM <u>Hatha Yoga</u> w/ Noelle	6:45-7:45 PM <u>*Core Fit Aerial</u> w/ Noelle [Pre-Sign Up Required]			
	7:30-8:45 PM <u>Slow Flow & Restore Yoga</u> w/Victoria NTY	7:00-8:15 PM <u>Flow & Restorative Yoga</u> w/ Hong NTY	7:30-8:30 PM <u>*Aerial Yoga All Levels</u> w/ Noelle [Pre-Sign Up Required]	8:00-9:00 PM <u>*Flips & Tricks Aerial Yoga</u> w/ Noelle [Pre-Sign Up Required]			



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<p><u>PERSONAL TRAINING ROOM</u></p> <p><i>Not Included in Mat Class Packages</i></p> <p>Appointment Required</p> <p>Group Pkgs: 5 Classes: \$150 10 Classes: \$280 20 Classes: \$520 30 Classes: \$720 <i>(3-6 Month Expiration)</i> Drop in-\$40.</p> <p>*You are now able to book sessions on the Wendy Fit App or Website!</p>	<p><u>9:15-10:15 AM</u> Pilates Reformer Group PT w/ Jennifer Level 2</p>		<p><u>8:30-9:30 AM</u> Pilates Reformer Group PT w/ Jennifer Level 1</p>	<p><u>9:00-10:00 AM</u> Pilates Reformer Group PT w/ Wendy Level 2</p>	<p><u>9:45-10:45 AM</u> Pilates Reformer Group PT W/ Sevdije Level 2</p>	<p><u>10:15-11:15 AM</u> Pilates Reformer Group PT w/ Wendy Level 2</p>		
	<p><u>12:00-1:00 PM</u> Pilates Reformer Group PT w/ Cheri Level 1</p>	<p><u>12:00-1:00 PM</u> Pilates Reformer Group PT w/ Wendy Level 2</p>		<p><u>12:00-1:00 PM</u> Pilates Reformer Group PT w/ Wendy Level 2</p>				
	<p><u>5:30-6:30 PM</u> Pilates Reformer Group w/ Cheri Level 1</p>	<p><u>6:30-7:30 PM</u> Pilates Reformer Group PT w/ Wendy Level 2</p>	<p><u>5:30-6:30 PM</u> Pilates Reformer Group PT w/ Cheri Level 1</p>	<p><u>6:30-7:30 PM</u> Pilates Reformer Group PT w/ Cheri Level 1</p>				
<p><u>Upcoming Workshops:</u></p>	<p>Saturday May 4 – Qigong Flow Women’s Workshop with Sound Meditation -Tamara & Debbie INTERESTED IN BECOMING TRX CERTIFIED? Call the studio for more information of days and times this month Acroyoga workshop Sunday June 2, 2-4 COING TO WENDY FIT, Don’t miss this fun flying yoga workshop Join Tricia for her Herbal Make & Take June 9 3-5pm for pain relief and sleep issues.</p>							



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