

Small Group Training & Class Schedule*

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our place studio *downtown covington

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SGT AM Liz 8:30-11 am		SGT AM Liz & Monica 8:30-11 am	SGT AM Liz 8-10am	SGT AM Monica 8:30 - 11 am	SGT AM Various 10 am to Noon
	Pilates Mat Leslie 10:30 to 11:30 am		Pilates Mat Leslie 10:30 - 11:30 am	Yoga 2nd & 4th Thurs. of ea. month 7- 8 am		Pilates Apparatus Weekly small classes Please Inquire
		DanceFit Shannon 4-5 pm		Pilates Mat Julia 12:30 - 1:30		Kids' Aerial Sling scheduled monthly
	SGT PM Various 5-7 pm	SGT Liz 5 - 6:30 pm	SGT PM Liz 5-7:30 pm	Pilates Mat Monica 5:30 - 6:15 pm		Partner Dance Night scheduled monthly
		Adv'd Aerial Sling 7-8 pm		Beg. & Interm. Aerial Sling 6:30 - 7:30 pm		Restorative Aerial Yoga scheduled monthly

- All of our fitness classes are open to the public; however, **membership is required for Small Group Training (SGT)**
- **Pilates Mat, DanceFit, Yoga:** \$15 drop in members \$20 drop in non-members or purchase a 10-class card for \$150 (may use for any of the classes in this category) * **Pilates Apparatus** classes are taught in small private groups, please inquire
- **Aerial Sling** \$22 drop-in members, \$25 non-members - package of 5 classes: \$105. Reservations req'd: 985.778.3448;
- **Kids' Aerial, Mom & Me, & Restorative Aerial** classes also scheduled monthly, contact 985.778.3448 for pricing
- **Partner Dance Night** : \$45 per couple

***All times and pricing subject to change, always inquire to confirm. All class sizes are limited - please call to sign up.**