

Small Group Training & Class Schedule

985 • 875 • 1182 • opcovington.com



our place studio *downtown covington

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	SGT AM Monica 8:30-11 am	Yoga Liz 6:30 - 7:30 am	SGT AM Monica 8:30-11 am	SGT AM Liz 8-10am	SGT AM Monica & Liz 8:30 - 11 am	SGT AM Various 8:30 - 11 am
	Pilates Mat 9:30 - 10:30		Pilates Mat 9:30 - 10:30			Partner Dance Night scheduled monthly
		DanceFit Shannon 4:30 - 5:30 pm		Water Fitness 11am to Noon Plz confirm w/ Monica		
	SGT PM Monica 5-7:30 pm	SGT PM Liz 5-6:30 pm	SGT PM Liz 5-7:30 pm			Aerial Yoga/ Sling scheduled monthly
		Adv'd Aerial Sling 7-8 pm		Aerial Yoga/ Sling 6:30 - 7:30 pm		

- **All of our fitness classes are open to the public; however, membership is required for Small Group Training (SGT)***
- **Pilates Mat** \$12 drop in members, \$15 drop in non-members or purchase a 10-class card for \$120 (use for Yoga & DanceFit, as well)
- **Aerial Yoga & Sling** \$19 drop-in members, \$22 non-members - package of 5 classes: \$95. Reservations req'd: 985.778.3448; Saturday classes scheduled monthly, Intro for Adults, Kids' Aerial, Mom & Me Aerial, & Restorative Aerial also scheduled monthly
- **DanceFit** \$12 for members, \$15 drop in for non-members or purchase a 10-class card for \$120 (use for Pilates Mat & Yoga, as well)
- **Yoga** \$12 drop-in for members, \$15 for non-members or purchase a 10-class card for \$120 (use for Pilates Mat & DanceFit, as well)
- **Partner Dance Night** \$30 per couple or \$15 per person
- **Water Fitness** \$18 drop-in for SGT members, \$20 for non-members (limited to 6 students); call for details. Classes held off-site and are seasonal.
- ***Please check most current SGT times with Monica, as they are subject to change. Thank you**