

“STUDIO ABOVE” PLX Fit Club

Lockwood Business Emporium • 3681 Manchester Rd. Akron, Ohio 44319 • (330) 472-5936

Sun					
Mon				5:00 pm The Glute Project/ Pilates Rotation (Karen) <i>Starting in January</i>	7:00 pm Gentle Flow Yoga (Christine)
Tues				5:30 pm Barre Conditioning (Char)	6:30 pm Mat Pilates (Ashley)
Wed				5:00 pm Barre Conditioning (Christie) <i>Starting in January</i>	6:00 pm Dragon Dream Team (Krista) <i>(closed session)</i>
Thur	9:00 am Gentle Yoga (Colleen) <i>Starting in January</i>			5:30 pm Barre Conditioning (Char)	6:30 pm Pilates (Karen)
Fri					
Sat	9:00 am Mat Pilates (Kathy)	10:00 am Yoga (Kristin)			