

# “STUDIO ABOVE” PLX Fit Club

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

<b>Sun</b>					
<b>Mon</b>				5:30 pm Yoga (Kami)	7:00 pm Gentle Flow Yoga (Christine)
<b>Tues</b>				5:30 pm Barre Conditioning (Char)	6:30 pm Mat Pilates (Ashley)
<b>Wed</b>				5:00 pm Barre Conditioning (Christy)	6:00 pm Dragon Dream Team (Krista)  <i>(closed session)</i>
<b>Thur</b>				5:30 pm Barre Conditioning (Char)	6:30 pm Pilates (Karen)
<b>Fri</b>					
<b>Sat</b>	9:00 am Mat Pilates (Kathy)	10:15 am Yoga (Colleen)			