

“STUDIO ABOVE” PLX Fit Club

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

Sun					
Mon				5:30 pm Barre/Yoga (Kami) <i>Starting in April</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 (Christy)	
Thur				5:30 pm Barre Conditioning (Char)	6:30 pm Pilates (Karen)
Fri					
Sat	9:00 am Mat Pilates (Kathy)	10:15 am Yoga (Colleen)			