

# “STUDIO ABOVE” PLX Fit Club

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

|             |                                   |                               |  |  |   |  |
|-------------|-----------------------------------|-------------------------------|--|--|---|--|
| <b>Sun</b>  |                                   |                               |  |  |   |  |
| <b>Mon</b>  |                                   |                               |  |  | 6:00 pm<br>Barre Express<br>(Kami)  | 7:00 pm<br>Gentle Flow Yoga<br>(Christine) |
| <b>Tues</b> | 9:00 am<br>Pilates<br>(Karen)     |                               |  | 5:30 pm<br>Barre Conditioning<br>(Char)    | 6:30 pm<br>Mat Pilates<br>(Ashley)  |  |
| <b>Wed</b>  |                                   |                               |  | 5:00 pm<br>Barre Conditioning<br>(Christy) | 6:00 pm<br>Buti Yoga<br>(Meg)<br><i>*Main Gym<br/>membership accepted</i> |  |
| <b>Thur</b> |                                   |                               |  | 5:30 pm<br>Barre Conditioning<br>(Char)    |   |  |
| <b>Fri</b>  |                                   |                               |  |  |   |  |
| <b>Sat</b>  | 9:00 am<br>Mat Pilates<br>(Kathy) | 10:15 am<br>Yoga<br>(Colleen) |  |  |   |  |