

“STUDIO ABOVE” PLX Fit Club

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

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