

# “STUDIO ABOVE” PLX Fit Club

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

<b>Sun</b>					
<b>Mon</b>				4:30 pm Barre Fit (Danijela)	6:45 pm Gentle Flow Yoga (Christine)
<b>Tues</b>	9:00 am Pilates (Kathy)			5:30 pm Barre HIIT (Char)	6:00 pm Booty's Up (Char)  6:30 pm Mat Pilates (Ashley)
<b>Wed</b>					
<b>Thur</b>	9:00 am Pilates/Barre Conditioning (Kathy)			4:30 pm Cardio Barre Strong (Char)	
<b>Fri</b>					
<b>Sat</b>	9:00 am Yoga (Christine)				