

# JAM CENTER STUDIO SCHEDULE

*January 2 - February 28*

Refer to our session guide for complete class information. **This schedule is subject to change.**  
The Studio is available for member use when the JAM Center is open and it is not in use by the JAM WellnessDepartment.

Mon	Tues	Wed	Thurs	Fri	Sat
<p>4:30 -5:15 pm: 4-Week Spin2FIT Series (2/2 - 2/23)</p> <p>6:00-7:00 Youth Dance Series (2/9-3/11)</p>	<p>6:15 - 6:45 am: Sunrise Spin Series (1/13 - 2/19)</p> <p>4:30-5:30 pm: Pre/Postnatal Yoga Therapy (1/6 - 1/27)</p> <p>1/27 &amp; 2/4 11:15-12pm In the Know! Sessions</p> <p>2/10 5-5:30pm Self-Massage and Movement Mini-Retreat</p>	<p>1/21 4:45-5:15pm Exploring Essences: Lavender Workshop</p> <p>3:45-7:00pm Youth Dance Series (2/9-3/14)</p>	<p>6:15 - 6:45 am: Sunrise Spin Series (1/13 - 2/19)</p> <p>8:15-9:00 am: SpinFit II</p> <p>9:15-9:45 am: SilverSneakersBOOM MOVE</p> <p>10:00-10:45 am: SilverSneakers Yoga</p> <p>6:15 - 7:00 pm: Circuit Training with a Personal Trainer (1/8 - 1/29)</p>	<p>9:30 - 10:00 am: SpinFit I</p> <p>1:30 - 2:15pm: Yoga for Daily Living</p>	<p>9:15-10:00 am: Pop Pilates Foundational Series (1/10-1/31)</p> <p>9:15-10:00 am: Pop Pilates 6-Week Series (2/7-3/14)</p>