

# 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 Wellness Department.

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>