



Wendy Fit Yoga Pilates

MARCH SCHEDULE OF STUDIO & VIRTUAL CLASSES 2020

WENDY FIT YOGA, PILATES, PERSONAL TRAINING & WELLNESS STUDIO

2323 Curlew Rd Suite 6E

PH: (727) 754-7840

RSVP for Classes & Workshops ONLINE @ www.wendyfit.com

*Classes are Subject to Change (No Memberships)

NTY=New to
Yoga (All Levels)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NAMASTE ROOM (20 MAX Yoga 15 MAX Pilates) Mat Pilates is ALL levels. NTY= Class can adapt to beginners and all levels.	9:30-10:45 AM Hatha Yoga w/ Wendy	7:00 -8:00 AM Sunrise Yoga w/ Cindy NTY <i>available virtual</i>	9:30 – 10:45 AM Alignment Yoga w/Wendy NTY	9:30-10:45 AM Power Yoga w/Valentina	7:00 -8:00 AM Sunrise Yoga w/ Cindy NTY <i>available virtual</i>	8:30 – 9:45 AM Power Yoga w/Wendy <i>available virtual</i>	9:30 – 10:30 AM Aerial Yoga Basics w/Julie NTY <i>*postponed</i>
	11:00 -12:00PM Yoga for Strength & Flexibility <i>postponed</i>	9:30 – 10:30 AM Pilates Plus w/Wendy	11:00AM – 12:15 PM Yin Yoga w/Noelle NTY	11:00AM-12:00PM Yoga Strong <i>postponed</i>	8:30-9:30 AM Beginner Yoga w/ Cindy NTY	10:00 – 11:00 AM Classical Pilates w/ Katherine <i>available virtual</i>	11:00AM - 12:15 PM Yoga Basics w/Noelle NTY <i>available virtual</i>
		11:00AM -12:00PM Beginner Yoga w/Sylvia K <i>postponed</i>			9:45-10:45 AM Pilates Plus w/ Wendy	11:15 AM – 12:15 PM Hatha Yoga w/Valentina <i>available virtual</i>	
	4:45 – 5:45 PM Pilates Plus w/Sara T.	3:00-4:15 PM Gentle Yoga w/Noelle		5:15 – 6:15PM Yinyasa w/Noelle NTY	11:00 AM – 12:15 PM Hatha Yoga w/Wendy NTY		
	6:00 – 7:15 PM Power Yoga w/Wendy <i>available virtual</i>	5:45 – 6:45 PM Pilates Plus w/Sevdije <i>available virtual</i>	6:00-7:15 PM Hatha Yoga w/Wendy NTY <i>available virtual</i>	6:30 - 7:30 PM Pilates w/ Barre Assist w/Wendy <i>available virtual</i>			
	7:30 - 8:45 PM Yoga for Stress & Injury Prevention w/Wendy NTY <i>available virtual</i>	7:00 - 8:00 PM Warm Yoga Flow w/Sevdije <i>available virtual</i> 8:00 – 9:00 PM Belly Dance w/ Sevdije <i>available virtual</i>	7:30 – 8:30 PM Aerial Yoga Level 1 w/ Liseli <i>postponed</i>	7:30 – 8:30 PM Aerial All Levels w/Noelle <i>*postponed</i>			

*Aerial Yoga and TRX is Pre-sign up and Pre-pay - limited to 8 students. 2 Hour cancellation required to avoid penalty.



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PERSONAL TRAINING ROOM Not Included in Mat Class Packages Appointment Required Group Pkg- \$200 Drop in-\$35 Experience req'd	9:30 – 10:30 AM *Pilates Group PT w/Wendy Postponed till April		8:15-9:15 AM *Pilates Group PT w/Wendy	9:00 – 10:00 AM *Pilates Group PT w/Wendy			9:30 – 10:30 AM *Pilates Group PT w/ Sevdije
		6:00-7:00 PM *Pilates Group PT w/Wendy				10:30 – 11:30 AM *Pilates Group PT w/ Wendy	
		7:00 – 8:00 PM *Pilates Group PT w/Wendy		5:30 – 6:30 PM *Pilates Group PT w/Wendy			
UPCOMING WORKSHOPS	<p> Pilates 101 w/Katherine Kunz Sunday postponed till May Finding Your Inner Peace w/ Sylvia Keilty postponed till May Sign up now! Pilates Reformer Training/Certification begins Saturday May 4th 200 HR RYT Teacher Training begins August. </p> <p>See website for more details.</p>						