

PIES Fitness Schedule of Classes						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Wake-Up Yoga 6-7am Instructor: Marsha		Wake-Up Yoga 6-7am Instructor: Marsha			Spiritual Yoga 7:45-8:45am Instructor: Marsha
1st Sundays (1st Sun of month) 10-11am Instructor: Malyssa		Morning Flow 9:30-10:30am Instructor: Malyssa	Morning Flow 9:30-10:30am Instructor: Malyssa		My Body Don't Bend That Way 9:00-10:00am Instructor: Marsha	Zumba 9-10am Instructor: Krishna
Sunday Yoga (all Sun except 1st) 10-11am Instructor: Malyssa						Kickboxing 10:30-11:30am Instructor: Erika
						Boot Camp 12-1pm Instructor: Kevin
Prenatal Yoga 3-4pm Instructor: Marsha						Hot Yoga 1:15-2:15pm Instructor: Marsha
Boot Camp 4:15-5:15pm Instructor: Kevin		DIVA Yoga 4-4:30pm Instructor: Marsha	Kids Yoga 5-6pm Instructor: Marsha	Kickboxing 5:30-6:30pm Instructor: Erika	Kids Yoga 5:30-6:30pm Instructor: Marsha	
	Hot Yoga 6:45-7:45pm Instructor: Amanda	Pose by Pose 6:15-7:15pm Instructor: Marsha	Budokon 6:45-7:45pm Instructor: Malyssa	Half and Half 6:45-7:45pm Instructors: Marsha/Erika	Hot Yoga 6:45-7:45pm Instructor: Sihnuu	
	Zumba 8:15-9:15pm Instructor: Krishna	Belly Dancing 7:30-8:45pm Instructor: Mayasa	Zumba 8:15-9:15pm Instructor: Krishna	Belly Dancing 8-9:15pm Instructor: Mayasa	Zumba 8:15-9:15pm Instructor: Krishna	

PIES Fitness Studio 374 South Pickett Street, Alexandria, Virginia 22304

Marsha Banks-Harold
piesfitness@aol.com
<http://www.piesfitnessyoga.com>
 (703) 887-9574