ADULT CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN	OPEN	YOGA <i>Sosei</i> - Restore 9:45 - 10:45 AM	OPEN	OPEN	YOGA Chikara - Strengthen 8:45 - 9:45 AM
OPEN	OPEN	OPEN	GYM BASICS	OPEN	
GYM BASICS	OFEN	OFEN	Corrective Exercises	OPEN	CARDIO RHYTHM
Corrective Exercises	OPEN	OPEN	5:15 - 6:00 PM	OPEN	Dance fitness
6:00 - 6:45 PM					10:00 - 10:45 AM
SPARRING		SPARRING		OPEN	SUNDAY
	MARTIAL ARTS 6:45 - 7:45 PM	6:45 - 7:30 PM	MARTIAL ARTS		YOGA
6:45 - 7:30 PM			6:45 - 7:45 PM		Sosei - Restore
CARDIO RHYTHM	7.10 / W	CARDIO RHYTHM			11:00 AM - 12:00 PM
Dance fitness 7:30 - 8:15 PM	CARDIO RHYTHM Dance fitness 7:45 - 8:30 PM	Dance fitness 7:30 - 8:15 PM	YOGA Antei - Balance 8:00 -8:45 PM	Hours: Monday - 2:00pm Tuesday - 2:00pm	The state of the s
YOGA <i>Antei -</i> Balance 8:15 - 9:00 PM	7.43 - 0.30 T W	OPEN		Wednesday - 2:00pm -9:00pm Thursday: 2:00pm - 9:00pm Friday: 12:00pm - 7:00pm Saturday: 8:30am - 2:30pm	
	OPEN		OPEN		
		Sunday: Closed (except for yoga)			
940 S. George Mason Dr. Arlington, VA 22204 703-585-4325 <u>www.evolveall.com</u> V. 3.8 Effective 9/20/2015					ective 9/20/2015

V. 3.8 Effective 9/20/2015

FRIDAY

		ADULT CLASS SCHEDULE		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
OPEN	OPEN	YOGA <i>Sosei -</i> Restore 9:45 - 10:45 AM	OPEN	
OPEN	OPEN	OPEN	GYM BASICS	
GYM BASICS Corrective Exercises 6:00 - 6:45 PM	OPEN	OPEN	Corrective Exercises 5:15 - 6:00 PM	
SPARRING	MARTIAL ARTS	SPARRING	MARTIAL ARTS	
6:45 - 7:30 PM	6:45 - 7:45 PM	6:45 - 7:30 PM	6:45 - 7:45 PM	
CARDIO RHYTHM		CARDIO RHYTHM		
Dance fitness 7:30 - 8:15 PM	CARDIO RHYTHM Dance fitness	Dance fitness 7:30 - 8:15 PM	YOGA <i>Antei -</i> Balance	
YOGA	7:45 - 8:30 PM		8:00 -8:45 PM	
<i>Antei -</i> Balance 8:15 - 9:00 PM	OPEN	OPEN	OPEN	

YOGA Chikara - Strengthen OPEN 8:45 - 9:45 AM OPEN CARDIO RHYTHM OPEN 10:00 - 10:45 AM **SUNDAY YOGA** OPEN 11:00 AM - 12:00 PM Hours: Monday - 2:00pm - 9:00pm Tuesday - 2:00pm - 9:00pm Wednesday - 2:00pm -9:00pm Thursday: 2:00pm - 9:00pm Friday: 12:00pm - 7:00pm Saturday: 8:30am - 2:30pm Sunday: Closed

SATURDAY

ADULT PROGRAM PRICES

1st class is FREE for all classes

\$10/drop-in after first class

\$75/month membership

Monthly membership includes all adult classes and open gym.

Adult program is for students ages 16 and up. Parent signature required for students under 18 years old.

Open gym is available to members only.

Instructor permission required for the Adult Martial Arts Sparring Class.

Schedule and prices are subject to change.

ADULT PROGRAM PRICES

1st class is FREE for all classes

\$10/drop-in after first class

\$75/month membership

Monthly membership includes all adult classes and open gym.

Adult program is for students ages 16 and up. Parent signature required for students under 18 years old.

Open gym is available to members only.

Instructor permission required for the Adult Martial Arts Sparring Class.

Schedule and prices are subject to change.