



Alexandria Studio
2417 Mt. Vernon Avenue
Alexandria, VA 22301
703.739.7601
Fax: 703.739.7602

Arlington Studio
4600 N.Fairfax Dr, Ste 210
Arlington, VA 22201
703.527.9626



Studio Body Logic Virtual Schedule

July 5 – September 5, 2020

www.studiobodylogic.com

SUBJECT TO CHANGE –

Summer 2020 VIRTUAL Pilates Mat & Barre Body®

Monday: begins July 6– August 31	9 WEEKS
11:00-11:50am Intermediate Tower w/Mat – Kyoko	\$189
12:30-1:20pm Intro to Pilates Mat – Karen (NEW)	\$189
6:00–7:10pm BMD Stretch – Lucy	\$171
7:30–8:20pm Beg/Int Pilates Mat – Karen	\$189
Tuesday: begins July 7 – September 1	9 WEEKS
10:00-10:50am Beg/Int Pilates Mat -Jessie	\$189
12:00–12:50pm Beginning Pilates Mat – Jane	\$189
6:00-6:50pm Intermediate Mat – Karen	\$189
Wednesday: begins July 8 – September 2	9 WEEKS
10:00-10:50am Evolved Sculpt - Kim	\$189
12:00-12:50pm Foam Roller – Jessie (NEW)	\$189
6:00-6:50pm Int/Adv Pilates Mat - Jessie	\$189
7:30- 8:20pm Beginning-Beg/Int Mat - Jessie	\$189
Thursday: begins July 9 – September 3	9 WEEKS
6:30-7:20am Beg/Int Pilates Mat – Jane (NEW)	\$189
9:00-9:50am Intermediate Pilates Mat - Jessie	\$189
7:00-7:50pm Beginning Pilates Mat– Jessie	\$189
Friday: begins July 10 – September 4	9 WEEKS
10:00-10:50am Beginning-Beg/Int Pilates - Jessie	\$189
11:30-12:20pm Beginning/Int Tower w/Mat – Kyoko	\$189
Saturday: begins July 11 – September 4	9 WEEKS
9-9:50am Intermediate Pilates Mat - Kathryn	\$189
10-10:50am Strength & Stability – Kim Curtis	\$189
10:30-11:20am Adv Pilates Mat - Kathryn	\$189
11:30-12:20pm Beg/Beg-Int Pilates Mat – Kim Curtis	\$189
Sunday: begins July 5– August 30	9 WEEKS
5:00–5:55pm Barre Body™ 1 - Tanya	\$189

Class Make Up Policy:

There will be two 45 min Make-up Classes starting week of July 12th. Link will be emailed once you are registered for a class. No other make-ups will be allowed in other classes.

Make-ups DO NOT carry over to the next session.

Make Up Classes

Monday 10-10:45am Beginning/Intermediate Mat – Taught by Lissy

Thursday 7:30-8:15pm Beginning/Intermediate Mat – Taught by Sarah

Discounts: Private Students-10%; 2 classes per session-10%; 3 or more classes per session-20%

Not Applied to Pro-Rated Sessions

No refunds or credits after JULY 19th

except for Military transfers.

No exceptions

Register Online at:

www.studiobodylogic.com