



October - November

10/1/18

RESTORATIVE REFORMER
ATHLETIC REFORMER
MAT
TRX
BARRE

SIERRA SYMMETRY
 Hillary MacLean PMA®-CPT, Founder
 11209 Brockway Road
 Suite C-107
 Truckee
 CA 96161
www.sierrasymmetry.com
 510-883-4172

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6am Athletic - Melissa		6am Athletic - Hillary		
	7am Athletic Private - Hillary		7am Athletic - Hillary			
8am Barre Class - Jessica			COMING NOVEMBER 1st!! 8am TRX - Hillary			8am Restorative - Melissa
9:15am Athletic - Jessica	9:30 Barre Class - Michelle	9:30am Barre Class - Jessica	9am Restorative - Hillary	9:30am Restorative - Hillary	9am Barre Class - Cheree	COMING SOON!! 9am Athletic - Melissa
	11am Restorative Private - Hillary		11am Restorative Private - Hillary	11am Restorative Private - Hillary	11:30am Athletic - Cheree	
	12pm Athletic - Hillary	12:30 Essential Core Mat - Jessica		COMING NOVEMBER 1st!! 12:15pm TRX - Hillary		
	4pm Restorative - Cheree					
		5:30pm Athletic - Nancy	COMING NOVEMBER 1st!! 5pm TRX - Hillary	5:30pm Athletic - Nancy		
			6pm Essential Core Mat - Hillary			

Schedule subject to change based upon client needs and race schedule.

ALL CLASSES MUST BE BOOKED IN ADVANCE. BOOK AT SIERRASYMMETRY.COM, ONLINE WITH MIND BODY (THERE'S AN APP FOR THAT) OR TEXT HILLARY AT 510-883-4172.