



December

12/1/18

RESTORATIVE REFORMER
ATHLETIC REFORMER
MAT
TRX
BARRE

SIERRA SYMMETRY
 Hillary MacLean PMA®-CPT, Founder
 11209 Brockway Road
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 510-883-4172

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6am Athletic - Melissa		6am Athletic - Hillary		
			7am Athletic - Hillary			
			8:10am TRX - Hillary			8am Athletic - Melissa
	9:30 Barre Class - Michelle	9:30am Athletic - Melissa	9:30am Barre Class - Michelle	9:30am Restorative - Hillary	9am Barre Class - Cheree	9:15pm TRX - Hillary
	11am Restorative Private - Hillary	11am Restorative Private - Hillary		11am Restorative Private - Hillary	11:30am Athletic - Cheree	
	12pm Athletic - Hillary			12:10pm TRX - Hillary		
	4pm Restorative - Cheree		COMING JANUARY 1st!! 4pm Restorative - Nancy	4pm Roll and Recover - Gretchen		
		5:30pm Athletic - Nancy		5:30pm Athletic - Nancy		
	6pm Pilates Mat - Hillary					

**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.**