

MAY/JUNE 2019



|                      |
|----------------------|
| RESTORATIVE REFORMER |
| ATHLETIC REFORMER    |
| MAT                  |
| TRX                  |
| BARRE                |

SIERRA SYMMETRY  
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| Sunday | Monday                             | Tuesday                            | Wednesday                     | Thursday                           | Friday                      | Saturday               |
|--------|------------------------------------|------------------------------------|-------------------------------|------------------------------------|-----------------------------|------------------------|
|        |                                    |                                    |                               | 6am Athletic - Hillary             |                             |                        |
|        | 7am Athletic - Hillary             |                                    | 7am Athletic - Hillary        |                                    |                             |                        |
|        |                                    |                                    |                               |                                    |                             | 8am Athletic - Hillary |
|        | 9:30 Barre Class - Michelle        | 9:30am Restorative - Hillary       | 9:30am Barre Class - Michelle | 9:30am Restorative - Hillary       | 9:30am Barre Class - Cheree | 9:15pm TRX - Hillary   |
|        |                                    |                                    |                               |                                    |                             |                        |
|        | 11am Restorative Private - Hillary | 11am Restorative Private - Hillary |                               | 11am Restorative Private - Hillary |                             |                        |
|        | 12pm Athletic - Hillary            | 12:10pm TRX - Hillary              | 12pm Restorative - Hillary    |                                    | 12pm Athletic - Cheree      |                        |
|        |                                    |                                    |                               |                                    |                             |                        |
|        |                                    |                                    |                               |                                    |                             |                        |
|        | 4:30pm Restorative - Cheree        |                                    | 4:30pm Athletic - Hillary     | 4pm Roll and Recover - Gretchen    |                             |                        |
|        |                                    | 5:30pm Athletic - Nancy            |                               | 5:30pm Athletic - Nancy            |                             |                        |
|        |                                    |                                    |                               |                                    |                             |                        |
|        |                                    |                                    |                               |                                    |                             |                        |

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.