





Current PiYo LIVE! Class Schedule May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 MISSION:midlife Wellness Studio 215 Cayuga Street; Fulton, NY						
28	29 5:45 PM 45 Minute "Never Miss a Monday!" class	30	1	2	3 6:00 PM First Friday PiYo Happy Hour/Wine Tasting	4 8:30 AM Walking Group 10 AM 60 Min "Regular" Class
5	6 5:30 PM 30 Minute "Never Miss a Monday!" class	7	8	9 5:45 PM 45 minute "Regular" class	10	11 8:30 AM Walking Group 10 AM 60 Min "Regular" Class
12	13 5:30 PM 45 Minute "Never Miss a Monday!" class	14	15	16 5:45 PM 45 minute "Regular" class	17	18 8:30 AM Walking Group 10 AM 60 Min "Regular" Class
19	20 5:30 PM 45 Minute "Never Miss a Monday!" class	21	22	23 5:45 PM 45 minute "Regular" class	24	25 8:30 AM Walking Group 10 AM 60 Min "Regular" Class
26	27 Memorial Day TBD	28	29	30 5:45 PM 45 minute "Regular" class	31	1 8:30 AM Walking Group 10 AM 60 Min "Regular" Class

Legend/Additional information:

Typically weekday classes will rotate each week
 Monday and Saturday classes are consistent
 Doors open 15 minutes prior to class start time

 "Never Miss a Monday"
 Free class/Special event

 Weekday 45 minute Regular Class
 60 minute Weekend Regular Class