

Alchemy of Movement Group Classes

2436 30th Street, Boulder, CO 80303

alchemyofmovement.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
March						
		Nia		Nia		
Awaken the Dance	Soul Sweat	Jackie Diner	Soul Sweat	Soul Sweat	Fascial Flow	
Hannah Kinderlehrer	Jill Emich	8:45-9:45 am	Jill Emich	Beth Burcham	Alyssa Sawyer	
9:00-10:15 am	9:00-10:00 am	World Heat	9:00-10:00 am	9:00-10:15 am	8:30am-9:30am	
		SJ Romano	Movement Meditation		Zumba Fitness	Zumba Fitness
		10:00-10:45am	Nancy Linsley		Ashley Patchen	Ashley Patchen
Beg. Contemporary	Fascial Flow		10:30-11:15am		9:45-10:45 am	9:45am-10:45 am
Cindy Brandle	Alyssa Sawyer		Fascial Flow		Party Hip Hop	Soul Sweat
12:00-1:00 pm	12:00-1:00 pm		Alyssa Sawyer		Ayla Satten	Maria Cooper
	Beg. Aerial Hoop				11:00-12:15 pm	11:00-12:15 pm
	Cassidy Lee		WERQ		Bollywood Troupe	Beg. Aerial Hoop
Soul Sweat	4:30-5:30 pm		Ashley Patchen	WERQ	Private Rehearsal	Cassidy Lee
Tori Sherman	Zumba Fitness	Soul Sweat	5:15-6:15 pm	Chayenne Theberge	Hip Hop Troupe	12:30-1:30 pm
5:30-6:30 pm	Chayenne Theberge	Maria Cooper	Zumba Fitness	5:30-6:30 pm	Private Rehearsal	
GROOV3	5:45-6:45 pm	5:45-6:45 pm	Ashley Patchen	Adv. Aerial	Class Rates	
Sasha Price		Zumba Fitness	6:30pm-7:30pm	Cassidy Lee	Intro Offer	\$30 for 30
6:45-7:45 pm		Chantel Ironwing	Contemporary Troupe	6:45pm-7:45pm	30 days, unlimited classes, new folks only	
Jazz Funk Troupe	Rental	7:00-8:00pm	Private Rehearsal		Drop In	\$15
Private Rehearsal		Rental			One price, any group class	
					5 or 10 Classes	\$70 or \$130
					Expires 90 days from purchase	
					Unlimited Month	\$99
					Dance all you want, cancel any time	

*Check our schedule at alchemyofmovement.com for weekly events, workshops, and up to date subs and cancellations