


Alchemy of Movement Group Classes

2436 30th Street, Boulder, CO 80303

alchemyofmovement.com

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