

# Alchemy of Movement Group Classes

2436 30th Street, Boulder, CO 80303

[alchemyofmovement.com](http://alchemyofmovement.com)

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

\*Check our schedule at [alchemyofmovement.com](http://alchemyofmovement.com) for weekly events, workshops, and up to date subs and cancellations