

January 27, 2018
10am ~ 2pm
open house
FREE to All
No registration

MELTDOWN 2018

Melt Pilates & Hot Yoga
123 S Main St. Algonquin
www.meltpilates.com

MELTDOWN 2018 SCHEDULE:

FREE CLASSES

FREE SPA SERVICES

WINE TASTING

ESSENTIAL OILS

MELT GIVE AWAYS

CLASS PACKAGE DEALS

10 am HOT VINYASA FLOW YOGA

10:45 am HOT VINYASA FLOW YOGA

11:30 am Hot YIN YOGA

12:15 pm HOT BALLET BARRE

1:00 pm WARRIOR SCULPT

1:45 pm HOT BOXING

2:30 pm ACRO YOGA

POLE FITNESS SAMPLE CLASSES: 10:45, 11:30, 12:00, 12:45

PILATES REFORMER & BOXING DEMOS ALL DAY

CUPPING THERAPY DEMO 10:00 am & 1:30 pm

