

Momentum Fest Class Line Up - SUNDAY

REGISTRATION & EXPO	<i>Registration booth opens at 7:30am</i>	<i>Most vendors open at 7:30am</i>	
REFORMER CLASSES	Reformer classes will be held in the Balanced Body vendor area (Private Dining Room)		
8:30-9:30	Lesley Logan - Finding Your Flow INTERLOCKEN B	Jenna Zaffino - Breathe with Me INTERLOCKEN C	Meredith Rogers - Circle of Breath (Pilates with the Ring) INTERLOCKEN A
9:45-10:45	Anula Maiberg - When in Doubt: Rolling Like a Ball INTERLOCKEN C	Grace Hurry - Brit Pop Pilates INTERLOCKEN A	Courtney Miller - Baby's Got Back INTERLOCKEN B
11:00-12:00	Courtney Miller - Pilates/HIIT Fusion INTERLOCKEN A	Jessica Valant - The Power of Twists INTERLOCKEN B	Trina Altman - Yoga Deconstructed - Rock Star Shoulders INTERLOCKEN C
BREAK & EXPO 12:00-1:30	<i>Lunch on your own, expo open</i>		
1:30-2:30	James Crader & Anula Maiberg - Shift Happens INTERLOCKEN B	Delia Buckmaster - Barre Pilates Fusion INTERLOCKEN A	Lesley Logan - Reformer on the Mat INTERLOCKEN C
REGISTRATION & EXPO	<i>Close at 3:00pm</i>		
3:00-5:00 All Attendee Class	Show Your Momentum Group Mat Class - INTERLOCKEN BALLROOM	All instructors will teach. All attendees welcome!	
Momentum Fest ends 5:00			