



Class Schedule 2016 - 2017

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|----------|------------------------|-------------------------|-------------------------|------------------------|-----|-----|-----|
| 6:00 am | | TRX Functional Strength | | | | | |
| 7:00 am | | | | | | | |
| 8:00 am | | | | | | | |
| 9:00 am | Pilates Core Mat | | Pilates Core Mat | Pilates Group Reformer | | | |
| 10:00 am | Pilates Group Reformer | | Pilates Group Reformer | | | | |
| 11:00 am | | | | | | | |
| 12:00 pm | | | | | | | |
| 1:00 pm | | | | | | | |
| | | | | | | | |
| 4:00 pm | | | | | | | |
| 5:00 pm | | | | | | | |
| 5:30 pm | | | Pilates Group Reformer | | | | |
| 6:00 pm | TRX 1/2 | | | | | | |
| 6:30 pm | Pilates Core Mat | | TRX Functional Strength | | | | |
| 8:00 pm | | | | | | | |

Privates and Duets are not listed.

Classes will be added based on demand.

Online signup and pre-payment required for ALL classes.