



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.