



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am		Pilates Total Fitness Reformer					
7:00 am							
8:00 am							
9:00 am	Pilates Core Mat		Pilates Mat				
10:00 am	Pilates Total Fitness Reformer						
11:00 am							
12:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
5:30 pm			Pilates Total Fitness Reformer				
6:00 pm	½ hour TRX						
6:30 pm			TRX Functional Strength				
7:00 pm							
8:00 pm							

Privates and Duets are not listed. Classes will be added based on demand

Must sign up online for ALL classes.