



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00 am		Pilates Total Fitness Reformer				Beginning January 6 th , 2018	
7:00 am							
8:00 am						TRX45	
9:00 am	Pilates Core Mat		Pilates Mat	Pilates Total Fitness Reformer		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	TRX45						
6:30 pm			TRX45				
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.