




CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 am RIP Reformer	6:00-6:50 am Power Tower	6:00-6:50 am Step N Sweat	6:00-6:50 am RIP Reformer	6:00-6:50 am Body Blast		
	6:00-6:30 am Basic 5 Tramp					
9:00-9:30 am Basic 5 Reformer	6:30-7:00 am Restorative Reformer			9:00-9:30 am Basic 5 Chair	8:15-9:05 am RIP Reformer	
9:30-10:20 am Power Tower	9:00-9:30 am P-3	9:30-10:20 am Reformer Sculpt		9:30-10:20 am RIP Reformer	8:30-9:20 am Power Tower	9:30-10:20 am Core & Restore
	9:30-10:00 am Restorative Reformer				9:00-9:50 am Basic 5 Mat	9:30-10:00 am Basic 5 Reformer
12:00-12:30 pm Basic 5 Chair	12:00-12:30pm Basic 5 Reformer	12:00-12:30pm ABC	12:00-12:30 pm Basic 5 Reformer	12:00-12:50 pm Power Booty	9:30-10:00 am Basic 5 Reformer	10:00-10:50 am Body Blast
12:30-1:00 pm Upper Cut	12:30-1:00 pm Cardio Tramp	12:30-1:00pm Restorative Reformer	12:30-1:00 pm Cardio Tramp		10:00-10:30 am P-3	
					10:00-10:30 am Cardio Tramp	
5:30-6:20 pm KB Cross Training	5:30-6:00 pm Upper Cut	5:30-6:00 pm Basic 5 Reformer	5:30-6:20 pm Reformer Sculpt		10:30-11:20 am Power Ball	
6:00-6:30 pm ABC	6:00-6:50 pm Body Blast	6:00-6:30 pm Cardio Tramp	6:00-6:50 pm Power Booty	<p> MAT & CARDIO CLASSES (Included in your mat/cardio or combo package)</p> <p> CARDIO TRAMP CLASSES (Included in your mat/cardio or combo package)</p> <p> 50 MINUTE EQUIPMENT CLASSES (Included in your equipment or combo package)</p>		
6:00-6:50 pm Power Tower	6:00-6:30 pm Basic 5 Reformer	6:30-7:00 pm P-3				
6:30-7:00 pm Restorative Reformer						

DON'T FORGET!

You can schedule your classes right from your phone through the MindBody App.