



CLASS SCHEDULE

DON'T FORGET!



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

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 Reformer Challenge	6:00-6:50 am Pilates Body Blast		
	6:00-6:30 am Basic 5 Tramp					
9:00-9:30 am Basic 5 Reformer	9:00-9:30 am Cardio Tramp			9:00-9:30 am Basic 5 Reformer	8:15-9:05 am RIP Reformer	
9:30-10:20 am Power Tower		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 Basic 5 Reformer
12:00-12:30pm Basic 5 Chair	12:00-12:30pm Basic 5 Reformer	12:00-12:30pm Basic 5 Chair	12:00-12:30pm Basic 5 Reformer	12:00-12:50pm Power Booty	9:30-10:00 am Basic 5 Reformer	10:00-10:50 am Pilates Body Blast
12:30-1:00pm Upper Cut	12:30-1:00pm Cardio Tramp	12:30-1:00pm Restorative Reformer	12:30-1:00pm Cardio Tramp		10:00-10:30am Cardio Tramp	
					10:30-11:20am Power Ball	
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			
6:00-6:30 pm Basic 5 Chair	6:00-6:50 pm Pilates Body Blast	6:00-6:30 pm Cardio Tramp	6:00-6:50 pm Power Booty			
6:00-6:50 pm Power Tower	6:00-6:30 pm Basic 5 Reformer	6:00-6:50 pm Power Mat				
6:30-7:00 pm Restorative Reformer		6:30-7:00 pm Basic 5 Tramp				

MAT & CARDIO CLASSES
(Included in your mat/cardio or combo package)

CARDIO TRAMP CLASSES
(Included in your mat/cardio or combo package)

GROUP EQUIPMENT CLASSES
(Included in your equipment or combo package)

FALL 2016