



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
					9:00 - 9:50 am Basic 5 Mat	9:30 - 10:00 am Basic 5 Reformer
12:00 - 12:30 pm Basic 5 Chair	12:00 - 12:30 pm Basic 5 Reformer	12:00 - 12:30 pm Basic 5 Chair	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 Pilates Body Blast
12:30 - 1:00 pm Upper Cut	12:30 - 1:00 pm Cardio Tramp	12:30 - 1:00 pm Restorative Reformer	12:30 - 1:00 pm Cardio Tramp		10:00 - 10:30 am Cardio Tramp	
					10:30 - 11:20 am 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 - 6:50 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