



# SPRING CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 am Reformer Challenge	6:00-6:50 am Tower	6:00-6:50 am Chair & Barrels	6:00-6:50 am Reformer Challenge	6:00-6:50 am Tower		
	6:00-6:30 am TRAMP	6:00-6:50 am Cardio Sculpt	6:00-6:30 am TRAMP			
9:00-9:30 am Reformer On Ramp	9:00-9:30 am TRAMP	9:00-9:50 am Ball Flow		9:00-9:30 am TRAMP	8:15-9:05 am Reformer Challenge	9:00-9:50 am Barre Burn
9:30-10:20 am Tower	9:30-10:20 am Barre Burn	9:30-10:20 am Tower	9:00-9:50 am Cardio Sculpt	9:30-10:20 am Reformer Challenge	8:30-9:20 am Tower	10:00-10:30 am Core & Restore
12:00-12:30 pm Chair On Ramp	12:00-12:30 pm Reformer On Ramp	12:00-12:30 pm Chair On Ramp	12:00-12:30 pm Reformer On Ramp	12:00-12:50 pm Barre Burn	9:00-9:50 am Mat Essentials	10:00-10:30 am Reformer On Ramp
12:30 - 1:00 pm Arms & Abs	12:30 - 1:00 pm TRAMP	12:30 - 1:00 pm Cardio Kettlebells	12:30 - 1:00 pm Arms & Abs		9:30-10:00 am Reformer On Ramp	10:30-11:00 am TRAMP
					10:00-10:30 am Blast OFF	10:30-11:20 am Reformer Essentials
5:30-6:00 pm Reformer On Ramp		5:30-6:00 pm Reformer On Ramp			10:30-11:20 am Ball Flow	
5:30-6:00 pm Cardio Kettlebells	5:30-6:00 pm Arms & Abs	5:30-6:20 pm Barre Burn	5:30-6:20 pm Reformer Essentials			
6:00-6:30 pm TRAMP	6:00-6:50 pm ZUMBA®	5:30-6:20 pm Pilates Circuit	5:30-6:00 pm Blast OFF			
6:00-6:50 pm Tower	6:00-6:30 pm Reformer on Ramp	6:00-6:30 pm TRAMP	6:00-6:50 pm ZUMBA®			
6:00-6:50 pm Ball Flow		6:30-7:20 pm Mat Challenge				

- MAT & CARDIO CLASSES (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)
- CARDIO TRAMP CLASS (INCLUDED IN YOUR MAT/CARDIO OR COMBO PACKAGE)
- GROUP EQUIPMENT CLASSES (INCLUDED IN YOUR EQUIPMENT OR COMBO PACKAGE)

**DON'T FORGET!**  
You can schedule classes right from your phone through the MindBody App.

