

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM Reformer - Strength & Lengthen	6:00 AM Mat - Strength & Lengthen	6:00 AM Reformer - Strength	6:00 AM Mat - Total Body Burn	6:00 AM Studio	6:50 AM Saturday Reset - Meditation
7:00 AM Mat - Reformer & Mat Fusion	7:00 AM Reformer - Strength & Lengthen	7:00 AM Studio	7:00 AM Mat - Reformer & Mat Fusion	6:00 AM Mat - Strength & Lengthen	7:30 AM Mat - Reformer & Mat Fusion
8:00 AM Reformer - Fundamentals	8:00 AM Mat - Total Body Burn	7:00 AM Mat - Total Body Burn	8:00 AM Reformer - Fundamentals	7:00 AM Studio	8:30 AM Mat - Strength & Lengthen
9:30 AM Mat - Strength & Lengthen	9:30 AM Studio	8:00 AM Reformer - Strength & Lengthen	9:30 AM Mat - Reformer & Mat Fusion	7:00 AM Reformer - Strength	8:30 AM Reformer - Strength
10:30 AM Seniors Pilates - Mat Only	9:30 AM Reformer - Total Body Burn	8:00 AM Mens Seniors Strength	9:30 AM Studio	8:00 AM Mat - Reformer & Mat Fusion	9:30 AM Reformer - Strength & Lengthen
11:30 AM Seniors Strength	10:30 AM Seniors Pilates	9:30 AM Mat - Reformer & Mat Fusion	10:30 AM Seniors Pilates	9:30 AM Mens Seniors Strength	
4:30 PM Mat - Reformer & Mat Fusion	11:30 AM Seniors Strength	10:30 AM Seniors Pilates - Mat Only	11:30 AM Seniors Strength	9:30 AM Reformer - Total Body Burn	
5:15 PM Mat - Strength & Lengthen	12:30 PM Mat - Reformer & Mat Fusion	4:30 PM Reformer - Fundamentals	12:30 PM Mat - Strength & Lengthen	10:30 AM Seniors Pilates	
6:15 PM Reformer - Strength & Lengthen	5:15 PM Mat - Boardriders	5:15 PM Mat - Strength & Lengthen	5:15 PM Reformer - Strength & Lengthen	11:30 AM Seniors Strength	
	5:15 PM Mat - Reformer & Mat Fusion	6:15 PM Reformer - Total Body Burn	6:15 PM Mat - Reformer & Mat Fusion	12:30 PM Mat - Reformer & Mat Fusion	
	6:15 PM Reformer - Fundamentals				