

# Reformer Studio Class Schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00	POWER & STRENGTH		REFORMER		PREGNANCY REFORMER	REFORMER	
7:00	REFORMER				REFORMER		POWER & STRENGTH
8:30		50+ REFORMER	50+ REFORMER			50+ REFORMER	REFORMER
9:30	REFORMER	PREGNANCY REFORMER	REFORMER		REFORMER	PREGNANCY REFORMER	ATHLETIC REFORMER
10:30		MUMS & BUBS REFORMER	CLINICAL PILATES			MUMS & BUBS REFORMER	
11:30							
12:30							
1:00PM							
3:00PM							
4:15PM	REFORMER						
5:30PM	REFORMER		5PM TEENS				
6:00 PM		REFORMER	POWER & STRENGTH				
6:30PM							
7:00PM			REFORMER				

# Retreat Room Class Schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00							
7:00			VINYASA FLOW YOGA		MAT PILATES		
8:30						GENTLE YOGA	
9:30		9:15 MAT PILATES	YIN RESTORE YOGA		BALANCE & STABILITY (50+)		9AM NURTURE + NOURISH CIRCLE MONTHLY
10:00		MUMS, BUBS & TOTS YOGA					
11:30	SLOW FLOW YOGA	11AM FREE MOTHER GATHER					
12:00							
1:00PM							
3:00PM							MOTHER CIRCLE (6WKS)
4:15PM							
5:30PM				SLOW FLOW YOGA	5:15PM YIN RESTORE YOGA		COMMUNITY YOGA (2ND SUNDAY MONTHLY)
6:15PM	MAT PILATES	PRENATAL YOGA					
7:30PM		YIN RESTORE YOGA					

# Small Group Fitness Studio

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:15			SMALL GROUP PERSONAL TRAINING				
7:00		CORE STRENGTH		PRENATAL FIT	CARDIO SWEAT	7:30 SATURDAY STRENGTH & SWEAT	
8:30				MOVE STRONG FOR 60+		PRENATAL FIT	
9:30	HEALTHY HEARTS & STRONG BODIES (50+)		SMALL GROUP PERSONAL TRAINING	STRONG FIT MUMS	SMALL GROUP PERSONAL TRAINING	STRONG FIT MUMS	
10:30			CLINICAL STUDIO PILATES	6WK POSTPARTUM PROGRAM		*9:30 IN NOV/DEC 6WK POSTPARTUM PROGRAM	
11:00							
12:00							
1:00PM							
2:00PM							
4:00PM							
5:30PM	PRENATAL FIT						
6:30PM	STRONG FIT MUMS		SMALL GROUP PERSONAL TRAINING				
7:30PM							