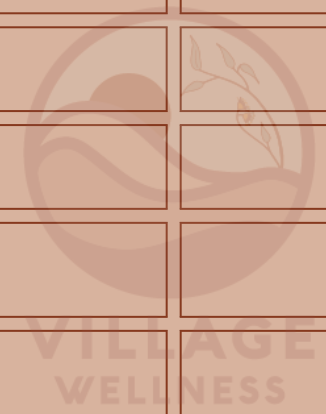


Reformer Studio Class Schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00	REFORMER						
7:30					50+ REFORMER		
8:30	50+ REFORMER	50+ REFORMER	50+ REFORMER		50+ REFORMER	REFORMER	
9:30	REFORMER	REFORMER	REFORMER		PREGNANCY REFORMER		
10:30		MUMS & BUBS REFORMER	MUMS & BUBS REFORMER		MUMS & BUBS REFORMER		
11:30							
12:30			PRIVATE APPOINTMENTS		PRIVATE APPOINTMENTS		
1:00PM							
5:00PM	TEEN REFORMER						
6:00 PM	REFORMER		POWER & STRENGTH				
7:00 PM							



Retreat Room Class Schedule

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
6:00							
7:00							
8:30					MAT PILATES		
9:30	VINYASA YOGA	MAT PILATES	SLOW FLOW YOGA		BALANCE & STABILITY 50+	GENTLE YOGA	9AM NURTURE + NOURISH CIRCLE (QUARTERLY)
10:45	MUMS & BUBS YOGA						
12:00	FREE MOTHER GATHER MONTHLY						
3:00PM							MOTHER CIRCLE (MONTHLY)
4:00PM		KIDS YOGA					
		5PM TEEN YOGA & WELLBEING		6PM SLOW TO YIN YOGA	5:30PM YIN RESTORE YOGA		5:30PM FREE COMMUNITY YOGA (MONTHLY)
	6:30PM YIN RESTORE YOGA	6:15PM PRENATAL YOGA	7:15PM SLOW TO YIN YOGA	7:15PM SOUND IMMERSION (MONTHLY)			
		7:30PM YIN RESTORE YOGA					



Small Group Fitness Studio

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
7:00				PRENATAL FIT		7:30 STRENGTH & SWEAT	
8:30				MOVE STRONG FOR 60+		PRENATAL FIT	
9:30	ACTIVE LIVING (50+)	STRENGTH	MAT PILATES	WOMENS STRENGTH	STRENGTH	WOMENS STRENGTH	
10:30			CLINICAL PILATES	POSTPARTUM PROGRAM 6WKS FROM MAY 2ND		PRIVATE PT APPOINTMENTS	
12:00							
1:00PM							
2:00PM							
4:30PM	PRIVATE PT APPOINTMENTS						
	5:15PM PRENATAL FIT		5PM TEEN MAT PILATES				
	6:15PM STRENGTH						

