

Reformer Studio Timetable

*Pregnancy modifications made for babies on board

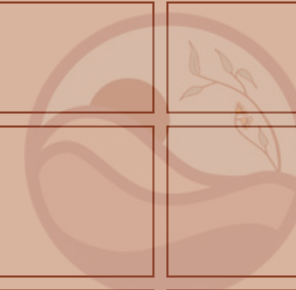
TIME	MON	TUE	WED	THU	FRI	SAT
7:00						
7:30	REFORMER				REFORMER	
8:30		REFORMER GOLD 50+	REFORMER GOLD 50+	REFORMER	REFORMER GOLD 50+	
9:30		REFORMER	REFORMER		BUMPS, MUMS & BUBS REFORMER	
10:30		BUMPS, MUMS & BUBS REFORMER		CLINICAL GROUP REFORMER		10AM REFORMER
11:30						
12:30			1:1 PILATES		1:1 PILATES	
1:00PM						
5:00PM	TEEN REFORMER		REFORMER			
6:00 PM						VILLAGE WELLNESS



Retreat Room Timetable

*Pregnancy modifications made
for babies on board

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



VILLAGE
WELLNESS

Strength & Fitness Studio Timetable

*Pregnancy modifications made for babies on board

TIME	MON	TUE	WED	THU	FRI	SAT
7:30				PRENATAL FIT		
8:30			STRENGTH	MOVE STRONG FOR 60+		
9:30	ACTIVE LIVING (50+)	STRENGTH	MAT PILATES	WOMENS STRENGTH	STRENGTH	9AM CORE, CARDIO & STRENGTH
10:30			CLINICAL PILATES	MUM STRONG 8 WEEK PROGRESSION STARTS 1/8		(*PREGNANCY MODIFICATIONS MADE FOR BUBS ON BOARD)
11:30				POSTPARTUM PROGRAM 6 WEEK COURSE STARTS 8/8		
6:00 PM	MAT PILATES		STRENGTH			
7:00 PM			STRETCH IT OUT!			

