

## Monday

<b>9:00 - 10:00 am</b>	Reformer Pilates - With Emily
<b>4:30 - 5:20 pm</b>	Reformer Pilates - With Angie
<b>4:30 - 5:30 pm</b>	Barre - With Emily
<b>5:45 - 6:45 pm</b>	Reformer Pilates - With Emily
<b>6:30 - 8:00 pm</b>	<b>NEW!</b> Lean & Clean (8 week series)

## Tuesday

<b>8:30 - 9:30 am</b>	Vinyasa Flow Yoga - With Meghan
<b>9:00 - 10:00 am</b>	Reformer Pilates - With Emily
<b>6:00 - 7:00 pm</b>	Reformer Pilates - With Gina

## Wednesday

<b>9:00 - 10:00 am</b>	Reformer Pilates - With Emily
<b>4:30 - 5:20 pm</b>	Reformer Pilates - With Emily

## Thursday

<b>8:30 - 9:30 am</b>	Vinyasa Flow Yoga - With Meghan
<b>9:00 - 10:00 am</b>	Reformer Pilates - With Emily
<b>4:30 - 5:30 pm</b>	Reformer Pilates - With Emily
<b>6:00 - 7:00 pm</b>	Reformer Pilates - With Emily

## Friday

<b>8:30 - 9:30 am</b>	Vinyasa Flow Yoga - With Meghan
<b>9:00 - 10:00 am</b>	Reformer Pilates - With Emily

