

METRO PILATES

Reformer Classes: 50 Mins

Sunday	Monday	Tuesday 7am	Wednesday	Thursday 7am	Friday	Saturday
		Intermediate Flow w/ Emily		Intermediate Flow w/ Emily		
					930am Fundamental Flow w/ Reid	9am Fundamental Flow w/ Ashley
	12pm TRX Suspension w/ Emily		12pm Cardio Flow w/ Emily	12pm Mat/Tower w/ Kathleen	12pm Fundamental Flow w/ Ashley	10am Intermediate Flow w/Ashely
		430pm Fundamental Flow w/ Emily				11am Cardio Flow w/ Ashely
	5pm TRX Suspension w/ Emily	530pm Fundamental Flow w/ Emily	5pm Cardio Flow w/ Ashley	530pm Fundamental Flow w/ Cara		
	6pm Fundamental Flow w/ Emily	630pm Intermediate Flow w/ Ashley	6pm Fundamental Flow w/ Ashley	630pm Intermediate Flow w/ Ashley		