



Be sure to check out the [MetroFitness App](#) for dates of bi-monthly Restorative Stretch classes, pop-up classes & upcoming events!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Fundamental Flow		9:30am Mat/Tower Pilates			9:30am Fundamental Flow	9:00am Fundamental Flow
10:00am Intermediate Flow						10:00am Intermediate Flow
11:00am Fundamental Flow						11:00am Cardio Flow
	12:00pm Cardio Flow	12:00pm Fundamental Flow	12:00pm Pilates TRX & Reformer	12:00pm Mat/Tower Pilates	12:00pm Fundamental Flow	
		4:30pm Fundamental Flow	4:00pm Fundamental Flow	4:30pm Fundamental Flow		
	5:00pm Pilates TRX Suspension	5:30pm Fundamental Flow	5:00pm Cardio Flow	5:30pm Cardio Flow		
	6:00pm Fundamental Flow	6:30pm Intermediate Flow	6:00pm Fundamental Flow	6:30pm Intermediate Flow		
	7:00pm Mat/Tower Pilates		7:00pm Intermediate Flow			

Summer 2024

All classes are 50 minutes