



Core Crown Point Class Schedule

	Class	Instructor	Studio
Monday			
6:30-7:20 am	Group Reformer	Tish	Reformer
8:00-8:50 am	Group Reformer	Dru	Reformer
4:30-5:20 pm	Group Reformer	Beth	Reformer
6:00-6:50 pm	Hatha Yoga	Karrie	Floor
7:15-8:05 pm	Group Reformer	Tish	Reformer
Tuesday			
7:15-8:00 am	Studio Cycle	Suzanne	Cycle
8:00-8:50 am	Group Reformer	Kelly	Reformer
9:15-10:05 am	Group Reformer	Kelly	Reformer
1:00-1:50 pm	Group Reformer	Kelly	Reformer
Wednesday			
5:30-6:20am	Group Reformer		
6:30-7:20 am	Core, Cardio & More	Tish	Floor
8:00-8:50 am	Group Reformer	Dru	Reformer
9:00-10:00am	Cycle & Core	Kelly	Cycle
10:00-11:am	Hatha Yoga	Kate	Floor
5:00-5:50pm	Group Reformer	Kate	Reformer
6:00-6:50 pm	Pilates Circuit	Kate	Floor
7:15-8:05 pm	Group Reformer	Tish	Floor
Thursday			
7:15-8:00 am	Studio Cycle	Suzanne	Cycle
8:00-8:50 am	Group Reformer	Kelly	Reformer
9:15-10:05 am	Group Reformer	Kelly	Reformer
1:00-1:50 pm	Group Reformer	Kelly	Reformer
5:00-5:50 pm	Vinyasa Flow Yoga	Kate	Floor
Friday			
6:30-7:20 am	Core, Cardio & More	Tish	Floor
9:15-10:05 am	Group Reformer	Dru	Reformer
Saturday			
8:00-8:50 am	Group Reformer	Beth/Tish	Reformer
9:00-9:50 am	Power Pilates Circuit	Kate	Floor
10:00-10:50 am	Group Reformer	Beth/Tish	Reformer

Sign up online: www.corecrownpoint.com