

SUMMER 2019 SCHEDULE (JUNE 3 - AUG 2)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM	POWER CIRCUIT	REFORMER	POWER CIRCUIT	FIT MIX	REFORMER		
8:30 AM			REFORMER	REFORMER			
9:30 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER		
	TRX		POWER CIRCUIT	FIT MIX (9:45)	H.I.I.T		
10:30 AM		REFORMER	IYENGAR YOGA (10AM)	REFORMER		REFORMER	
SPECIALTY CLASSES							
5:30 PM			REFORMER				
5:45 PM		REFORMER	TRX	REFORMER			
6:00 PM			IYENGAR INTRO TO ROPES				
6:45 PM	REFORMER	REFORMER FOR MEN	REFORMER (6:30)	REFORMER			
7:00 PM			IYENGAR YOGA				
8:00 PM		REFORMER	REFORMER (7:30)	REFORMER			
8:30 PM			IYENGAR RESTORITIVE YOGA				