

FALL SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM	POWER CIRCUIT	REFORMER	POWER CIRCUIT	FIT MIX		
8:30 AM	FOUNDATION REFORMER		REFORMER	REFORMER	REFORMER	
9:00 AM		IYENGAR YOGA			IYENGAR YOGA	
9:30 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER
	POWER TRX		POWER CIRCUIT	METABOLIC CONDITIONING	H.I.I.T	
10:30 AM	REFORMER CARDIO	REFORMER		REFORMER	REFORMER	REFORMER
10:45 AM	IYENGAR YOGA					
12:15 PM		REFORMER				
4:45PM		REFORMER		REFORMER		
5:30 PM	FOUNDATION REFORMER		REFORMER			
	POWER CIRCUIT					
5:45 PM		POWER TRX				
6:30 AM			REFORMER			
			IYENGAR YOGA			
6:45 PM	REFORMER	MENS REFORMER		REFORMER		
8:00 PM		REFORMER	REFORMER (7:30PM)	REFORMER		
	SPECIALTY CLASSES					