

WINTER SCHEDULE | NOVEMBER 25 - MARCH 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15 AM	POWER CIRCUIT	REFORMER	POWER CIRCUIT	FIT MIX			
8:30 AM			REFORMER	REFORMER	REFORMER SCUPLT ROW	SCUPLT ROW	
9:00 AM	CYCLE YOGA	IYENGAR YOGA	CYCLE STRENGTH		IYENGAR YOGA	CYCLE STRENGTH	CYCLE CORE
9:30 AM	REFORMER	REFORMER	REFORMER	REFORMER	REFORMER	*NEW* GENTLE REFORMER	
	POWER TRX	*NEW* H.I.IT	POWER CIRCUIT	METABOLIC CONDITIONING	H.I.IT	SCUPLT ROW	
	IYENGAR THERAPEUTIC YOGA (10:15AM)			BARRE		FLOW YOGA 9:45AM	
10:30 AM	CARDIO REFORMER	REFORMER		REFORMER	REFORMER	REFORMER	SCUPLT ROW (10:00AM)
10:45 AM		BARRE CYCLE STRENGTH	SCUPLT ROW	PILATES FUSION	CYCLE CORE		
12:00 PM	SCUPLT ROW						
5:30 PM		CYCLE CORE (5:45PM)	REFORMER	GENTLE YOGA			
6:30 PM			REFORMER IYENGAR YOGA				
6:45 PM	REFORMER	BARRE		BARRE			
	SCUPLT ROW						
7:00PM	WARM RESTORATIVE	REFORMER	SCUPLT ROW	REFORMER			
8:00 PM		*NEW* MEN'S REFORMER	REFORMER (7:30PM)				
8:10PM			IYENGAR YOGA RESTORATIVE				
	SPECIALTY CLASSES			STUDIO CLASSES			