

## MONDAY

|          |                                |        |
|----------|--------------------------------|--------|
| 12:00 pm | CONTEMPORARY - All Levels      | AMANDA |
| 6:00 pm  | DYNAMIC - All Levels           | KATIE  |
| 7:30 pm  | FORMAE FOUNDATIONS - Beginners | KATIE  |

## TUESDAY

|         |                        |       |
|---------|------------------------|-------|
| 6:00 pm | REBOUND - All Levels   | KATIE |
| 7:00 pm | DYNAMIC - Intermediate | KATIE |
| 8:00 pm | STRONG - All Levels    | KATIE |

## WEDNESDAY

|         |                                |       |
|---------|--------------------------------|-------|
| 9:15am  | CONTEMPORARY - All Levels      | ANITA |
| 6:00 pm | FORMAE FOUNDATIONS - Beginners | ANITA |
| 7:00 pm | CONTEMPORARY - All Levels      | ANITA |

## THURSDAY

|          |                                |        |
|----------|--------------------------------|--------|
| 8:00am   | CONTEMPORARY - All Levels      | AMANDA |
| 10:00 am | CONTEMPORARY - All Levels      | LISA   |
| 12:00 pm | MUM & BABY REFORMER            | LISA   |
| 1:00 pm  | OVER 60S REFORMER              | LISA   |
| 6:00 pm  | PREGNANCY PILATES & REFORMER   | LISA   |
| 7:00 pm  | CONTEMPORARY - All Levels      | LISA   |
| 8:00 pm  | FORMAE FOUNDATIONS - Beginners | LISA   |

## FRIDAY

|          |                               |       |
|----------|-------------------------------|-------|
| 8:00 am  | DYNAMIC - Intermediate        | ERIN  |
| 9:15 am  | FORMAE FOUNDATIONS - Beginner | ANITA |
| 12:00 pm | FUSION - All Levels           | KATIE |

## SATURDAY

|          |                                |        |
|----------|--------------------------------|--------|
| 9:00 am  | CONTEMPORARY - All Levels      | AMANDA |
| 10:00 am | FORMAE FOUNDATIONS - Beginners | AMANDA |

## SUNDAY

|         |                     |      |
|---------|---------------------|------|
| 9:00 am | FUSION - All Levels | JADE |
|---------|---------------------|------|