

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00a	Strength	Strength	Strength	Strength	Strength	
7:00a				Reformer		
7:30a				Reformer		
8:15a	Strength	Strength	Strength	Strength	Strength	
9:00a		Stretch		Stretch		Strength
12:00p		Reformer				
5:00p	Strength			Strength		
5:30p	Reformer					
6:00p	Strength			Strength		