

# WEEKLY *Schedule*

## MONDAY

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**9:00 - 10:00AM** Reformer + Equipment  
*with Jessica*

**10:00 - 11:00AM** Fundamental Reformer  
*with Monica*

**11:00 - 12:00PM** Intermediate Reformer +  
Equipment *with Monica*

**5:30 - 6:30PM** Reformer + Equipment  
*with Monica*

## TUESDAY

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**9:30 - 10:30AM** Tower *with Jessica*

**10:30 - 11:30AM** Reformer + Equipment  
*with Jessica*

## WEDNESDAY

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**7:45 - 8:45 AM** Reformer + Equipment  
*with Monica*

**9:00 - 10:00AM** Reformer + Equipment  
*with Jessica*

**10:00 - 11:00AM** Fundamental Reformer  
*with Jessica*

**11:00 - 12:00PM** Intermediate Reformer +  
Equipment *with Jessica*

**5:30 - 6:30PM** Reformer + Equipment  
*with Monica*

## THURSDAY

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**7:45 - 8:45AM** Pilates Barre Infusion  
*with Laura*

**10:30 - 11:30AM** Pilates Circuit  
*with Monica*

## FRIDAY

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**7:45 - 8:45 AM** Reformer + Equipment  
*with Monica*

**9:00 - 10:00AM** Cardio Jump N' Sculpt  
*with Jessica*

**10:00 - 11:00AM** Fundamental Reformer  
*with Jessica*

**11:00 - 12:00PM** Intermediate Reformer +  
Equipment *with Jessica*