



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

8:00 CHAIR/SPRING WALL
Kari-New Studio

9:15 SPIN-FUSION
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

10:30 REFORMER
Kari-Pilates Studio

10:30 REFORM & RESTORE
Megan-New Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 CARDIO REFORMER
Kari-Pilates Studio

4:30 BARRE
Carla-Barre Studio

5:45 REFORMER
Carla-Pilates Studio

5:45 MAT PILATES
Kari-Barre Studio

5:45 SPIN FUSION
Jill- New Studio

7:00 REFORMER
Carla-Pilates Studio

7:00 YOGA
Nan-Barre Studio

7:00 TRX SUSPENSION
Marie-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Kari-Pilates Studio

9:15 BARRE
Kari-Barre Studio

9:15 REFORMER
Megan-Pilates Studio

10:30 CHAIR/SPRING WALL
Megan-New Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 CHAIR/SPRING WALL
Marie-New Studio

5:45 REFORMER
Marie-Pilates Studio

5:45 SPIN 45
Kari-Barre Studio

5:45 BARRE
Jill-New Studio

7:00 REFORMER
Marie-Pilates Studio

9:15 REFORMER
Marie-Pilates Studio

9:15 TRX SUSPENSION
Megan-Barre Studio

10:30 CARDIO REFORMER
Marie-Pilates Studio

10:30 REFORM & RESTORE
Megan-New Studio

11:45 REFORMER
Megan-Pilates Studio

4:30 REFORMER
Kari-Pilates Studio

5:45 CHAIR/SPRINGWALL
Kari-New Studio

5:45 ZUMBA
Nan-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

7:00 YOGA
Nan-Barre Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Carla-Pilates Studio

8:15 SPIN-FUSION
Kari-Barre Studio

9:15 BARRE
Carla-Barre Studio

9:15 CHAIR/SPRING WALL
Megan-New Studio

10:30 REFORMER
Megan-Pilates Studio

10:30 REFORM & RESTORE
Carla-New Studio

11:45 MAT PILATES
Megan-Barre Studio

4:30 CARDIO REFORMER
Marie-Pilates Studio

4:45 MAT PILATES
Kari-New Studio

5:45 REFORMER
Kari-Pilates Studio

5:45 TRX SUSPENSION
Marie-Barre Studio

5:45 BARRE
Jill-New Studio

7:00 REFORMER
Marie- Pilates Studio

7:00 REFORMER
Kari-Pilates Studio

8:00 REFORMER
Kari- Pilates Studio

9:15 REFORMER
Marie-Pilates Studio

9:15 ZUMBA
Nan-Barre Studio

10:30 REFORMER
Kari-Pilates Studio

8:00 TRX Barre Studio

8:00 REFORMER
Pilates Studio

9:15 CHAIR/SPRING WALL
Pilates Studio

9:15 SPIN 45
Barre Studio

10:30 REFORMER
Pilates Studio

**** Private Intro sessions available upon request. Email Kari, Megan,Carla,Marie or Chandra at:**

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